



# L.E.A.N. Registration Form

Lifestyle, Exercise, Accountability, and Nutrition Wellness Coaching

**NCRWC membership required for this activity**

Date: \_\_\_\_\_ Key Fob #: \_\_\_\_\_  First Registration  Session Renewal

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

**PURCHASED 60 MINUTE SESSIONS:**

Lifestyle, Exercise, Accountability and Nutrition Coaching:      1 session      3 sessions      5 sessions      10 sessions

How many sessions per week are you interested in? \_\_\_\_\_

Preferred Day(s): **Monday**      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

Preferred Time(s): **5-9am**      9am-12 pm      12-5pm      5-9pm

STAFF USE ONLY: Amount paid: \$ \_\_\_\_\_ Date \_\_\_\_\_ Staff initials \_\_\_\_\_ Receipt # \_\_\_\_\_

## L.E.A.N. Wellness Coaching Rates & Packages

| 60 Minute Sessions |                        |  |
|--------------------|------------------------|--|
| # of Sessions      | Individual Options     | Specials   |
| 1                  | \$85                   |  |
| 3                  | \$243 (\$81/session)   | April Special \$180 (\$60/session) <b>NEW CLIENTS ONLY</b> |
| 5                  | \$395 (\$79/session)   |  |
| 10                 | \$765 (\$76.5/session) |  |

**For questions regarding wellness coaching services  
contact [becky@neighborhoodclub.org](mailto:becky@neighborhoodclub.org)**

Purchased packages may be used **ONLY** by the purchasing member. Individual packages may not be shared. Payment and registration transactions can be made in person or online. A Personal Trainer will contact you following registration. Sessions must be pre-paid, are non-refundable and non-transferable. Sessions may be divided into 30-minute sessions at the discretion of the trainer. ***Must use within 1 year of purchase date. There is a 24-hour cancellation policy.*** Scheduling occurs directly between client and trainer only.

**MEMBER SIGNATURE:** \_\_\_\_\_