

Personal & Semi-Private Training Agreement

This Agreement is between Capital Strength Inc. ("Capital Strength") and the Client named below for the training services and package selected. By signing, Client agrees to the payment terms, policies, and liability release described on both pages.

Client Information

Name	Date of Birth	Phone
Address		Email

Selected Package — check one

Package	Price	Details
☐ 21-Day Strong Start	\$299	No-commitment trial program
☐ 21-Day Strong Start + 3 1-on-1 Sessions	\$599	Trial program plus 3 personal training sessions
☐ Semi-Private Training (month-to-month, no commitment)	\$449/mo	Includes open gym access. Cancel anytime with 10 business days' notice.
☐ Semi-Private Best Price Lock-In (3 month prepayment, then month-to-month)	\$399/mo	Includes open gym access. Requires 3-month prepayment of \$1,197.

1-on-1 Personal Training — 1 Hour	Per Session	Total
☐ 8 sessions	\$105	\$840
☐ 12 sessions	\$100	\$1,200
☐ 16 sessions	\$95	\$1,520

1-on-1 Personal Training — 30 Minutes	Per Session	Total
☐ _____ sessions	\$70	\$ _____

All 1-on-1 session packages — 1 Hour, 30 Minute, Capital Elite, and Executive Level — have an 8-week term from the start date unless otherwise specified on this Agreement, and include complimentary open gym access.

Capital Elite 1-on-1 Training — 1 Hour	Per Session	Total
☐ 8 sessions	\$120	\$960
☐ 12 sessions	\$120	\$1,440
☐ 16 sessions	\$120	\$1,920

Package	Price	Details
☐ Bi-Weekly Training Pack	\$339	8 classes, used over 28 days. Auto-renews every 28 days or when the 8th session is used, whichever comes first. Does not include open gym access.
☐ 1-on-1 Training Add-on	\$399	5 sessions. Available only to current Semi-Private Personal Training clients.
☐ Class Pack Add-on	\$149	6 Semi-Private Training Sessions. Used at your own pace. Must be a current 1-on-1 Training Client.

Package	Rate	Sessions / Total
☐ Executive Level Training	\$175/session	_____ sessions · Total: \$ _____

Payment

Total Package Amount \$ _____	Down Payment \$ _____	Balance Remaining \$ _____	Payment Method _____
Start Date _____	Expiration Date _____		

How is this package being paid?
☐ Paid in Full — full amount collected at signing.
☐ Recurring Billing Agreement — Client authorizes Capital Strength to charge \$ _____ to the payment method on file every _____ (e.g. week / 2 weeks / month), beginning _____, and to continue these recurring charges until cancelled by written notice as described under Written Notice. If a set number of installments applies, total payments: _____.

For 1-on-1 packages on a Recurring Billing Agreement, all installments are due in full even if the client finishes their sessions early. If the Agreement is cancelled before all sessions are used, the 1-on-1 Package Refund policy below applies to remaining installments as well as amounts already paid.

Auto-Billing Authorization
Semi-Private Training & Memberships: Auto-billing is required to maintain this membership. By signing this Agreement, Client authorizes the recurring charges described in the Recurring Billing Agreement above. This does not apply to the 21-Day Strong Start — at the end of that trial, Capital Strength will confirm with Client to see if they'd like to continue into a long-term membership.
☐ Personal Training (1-on-1) Packages — optional: Yes, automatically bill my account when my sessions have been used up, unless I cancel by written notice as described under Written Notice.
☐ Personal Training (1-on-1) Packages — optional: No, I will pay each installment manually and understand late payments may still incur the Late Payment fee below.

Direct Debit / EFT Authorization: Client authorizes Capital Strength to charge the payment method above according to the auto-billing selection made. Client will be notified in advance of any change to this amount. Client may update the payment method at any time; doing so without paying amounts already due does not cancel this Agreement.

By initialing here, Client acknowledges and agrees to the Recurring Billing Agreement and auto-billing authorization above. Client Initials: _____

Key Policies

Written Notice — Wherever this Agreement requires written notice (including cancellations, freezes, and non-renewal), Client must notify Capital Strength by email to info@capitalstrength.com or by completing the cancellation form at www.capitalstrength.com. Notice is effective when received by Capital Strength; verbal requests to staff do not constitute notice.

Late Payments — A \$20 late fee applies to any payment more than 10 days overdue. Prepaid sessions may be frozen until the account is current.

1-on-1 Package Refunds — If cancelled before the package term ends, unused sessions will be recalculated at the highest applicable non-discounted session rate stated in this Agreement. Any remaining balance will be refunded after deducting the value of sessions already used.

1-on-1 Session Expiration — Unused sessions expire 4 weeks after the package term ends, with no refund.

Membership Cancellation — Semi-Private and other recurring memberships require at least 10 business days' written notice. No cancellation fee applies to month-to-month memberships. Prepaid sessions are non-refundable.

Membership Freeze — Available with 7 days' written notice, up to 4 weeks total per 3-month period. The freeze period extends the term length.

Renewal — Month-to-month memberships renew automatically each month and continue until cancelled by Client with at least 10 business days' written notice as described under Written Notice.

Facility Rules — Capital Strength may suspend or terminate access for material violations of facility rules, harassment, threatening conduct, intentional property damage, or repeated nonpayment. Client remains responsible for the actual cost of repairing damage caused by Client or Client's guest, to the extent permitted by law.

Attendance & Session Records — Session use and attendance are recorded in Capital Strength's management system (ZenPlanner). Client may view their attendance and session history at any time through the member app, or request a record from Capital Strength. These records reflect the services delivered under this Agreement.

Chargebacks — Before disputing any charge with their bank or card issuer, Client agrees to first contact Capital Strength at info@capitalstrength.com to resolve the concern. Client acknowledges that services already delivered and charges properly billed under this Agreement are valid and authorized. If a chargeback is later reversed or found invalid in Capital Strength's favor, Client remains responsible for the disputed amount plus any chargeback or processing fees incurred.

Client Initials: _____ I have read and agree to the Payment, Refund, Cancellation, Expiration, and Chargeback policies above.

Liability Release

Client acknowledges the physical risks of strength and conditioning activity, including injury or, in rare cases, death, and voluntarily assumes those risks. Client certifies they are in suitable physical condition to participate and agrees to inform Capital Strength and the assigned coach of any injuries, medical conditions, pregnancy, medications, symptoms, or physical restrictions that may affect participation. Client understands that Capital Strength personnel do not diagnose medical conditions or provide medical treatment, and that Client should obtain medical clearance when appropriate. Client, on behalf of themselves and their heirs, releases Capital Strength Inc. from all claims arising from participation, except for claims resulting from Capital Strength's own negligence or willful misconduct. Client is encouraged to have this Agreement reviewed by an attorney before signing.

No-Shows & Late Cancellations: If Client no-call/no-shows or cancels within 24 hours of a 1-on-1 session without rescheduling for the same day, the session is forfeited. Each Client receives a one-time "cancellation waiver" — the first such incident is excused instead of forfeited; every incident after that follows this policy.

Client Initials: _____

Billing Rate Acknowledgment: Client understands that any future sessions, packages, or membership renewals not covered by this Agreement will be billed at Capital Strength's then-current standard rates. If a billing or processing error causes Client to be undercharged, or a session/membership package to be charged at less than its correct amount, Client remains responsible for the shortfall and agrees to pay it upon notice from Capital Strength.

Client Initials: _____

3-Day Right to Cancel: Client may cancel this Agreement without penalty any time before midnight of the third business day after signing, by notifying Capital Strength by email to info@capitalstrength.com or through the cancellation form at www.capitalstrength.com.

Governing Law & Venue: This Agreement is governed by and construed under the laws of the State of North Carolina, without regard to its conflict-of-laws rules. The parties agree that any claim or dispute arising out of or relating to this Agreement shall be brought exclusively in the state courts located in Wake County, North Carolina, and each party consents to the personal jurisdiction and venue of those courts.

Special Notes or Considerations: Any additional or customized terms agreed to by the parties may be written below. Terms entered here are part of this Agreement and, if they conflict with the pre-printed terms above, take priority.

X

Capital Strength Representative — Signature

Printed Name _____

Date _____

X

Client Signature

Printed Name _____

Date _____