

**30/40 Fit Club
2022
Membership Subscription**



Kevin. Dwayne's
Mind & Fitness Inc.
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30/40 Fit Club Group Class

The 30/40 Program training is designed for those who want to get or stay fit and active. Lose a few pounds and build up their strength, while working to tone the muscles, improve strength, mobility, and overall physical health
This is also perfect for someone who wants to learn better form to help improve their individual training and for those who enjoy working out with others on the same fitness journey.

MEMBERSHIP INCLUDES

Access to Group Training Sessions (Up to 12 Per Month)
(Sessions are designed to improve: Strength/Resistance, Endurance, Mobility, Balance & Flexibility)
****Ask About Option to Purchase A Customized Plan****
Weekly Fitness Information: Facebook Group/Mobile Updates
Support, Motivation, Fun, Social Connections
EFT Monthly Pay Plan***

Monthly Program Membership – Access up to 12 sessions per month 3x Per Week!

Standard Packages: 3 Classes Per Week

Term	Price Per Month
3 Months	\$250
6 Months	\$225
12 Months	\$200
Month-Month	\$275

Hybrid Packages: 2 Group Sessions + 1 PT Session Per Week

Term	Price Per Month
3 Months	\$300
6 Months	\$275
12 Months	\$250

Includes All Above Plus Healthy Macro Eating Guide*

The monthly payment plan requires a one-time setup fee of \$30.

*Option to Pay in Full avoids the Set Up Fee.

***EFT Monthly billing is required for 3, 6, 12-month programs or can be paid in full. If payment is not made/declined/rejected through EFT billing, and or if EFT payment is late, the client will not be able to attend any sessions and will be charged a \$10 late/declined fee until the account is brought current. Early termination of any program requires 30 days' written notice. Payment must continue through the notice period.

Sessions are offered Monday and Wednesday evenings at 7 PM, and Saturday Mornings at 9 AM. There are no makeup sessions, clients have access to all sessions offered. I recommend attending at least 2 classes per week along with your other physical training activities. I recommend attending all classes offered for optimal results.

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