



ART & STRENGTH

WHERE STRENGTH IS AN ART FORM

8019 Belair rd, Suite 12, Baltimore, MD, 21236
410-657-2307 www.ArtAndStrength.com

Membership Programs

Group training is held throughout the week and available through a monthly membership plan. (See the website for class schedule.)

Month-to-Month	12 Month Program
Once weekly..... \$75 per month	Once weekly..... \$67 per month
Twice weekly.....\$140 per month	Twice weekly..... \$127 per month
Unlimited..... \$175 per month	Unlimited..... \$157 per month

12 Month Program Agreement

You can cancel your membership at any time with a 1 month buy out, and by sending an email to artandstrength@gmail.com (even with a verbal notification you must send an email - this will serve at your receipt). Upon receiving the email you will be charged for 1 month as per your membership (i.e. once weekly = \$75 etc) and removed from the automatic billing cycle. The 12 month program does not allow "freezing" your membership or other adjustments to the automatic billing cycle.

12 Month Program Rewards

Please see our current rewards page attached.

Functional Movement Screen

All monthly membership programs come with a FMS (reg. \$150) and corrective exercise program. The FMS is used to identify and correct dysfunctional movements and qualify individuals for the training program.

Scheduling

Please register for classes online. You are not required to register but it does guarantee your spot in the class. In the event of a class cancelation, online registration also allows for a notification to be sent to you. Whenever possible, please unregister for any classes that you will not be able to attend so that spot can be made available for someone else. Make up classes must be used within the month. You must register online for make up classes and single class drop-ins.

Terms

Membership plans are billed automatically to your credit card on the 1st or 15th of each month. Single class drop in fee is due at the beginning of each class.

Refunds

Full refund if you are not satisfied with your results. However, you must attend every class as per your membership to get results and therefor get the refund.

Referrals

We appreciate them. To show our appreciation we offer a \$50 gift card reward for new member referral.

I, _____, have read the above and agree to a (month-to-month) (12 month) membership plan that allows me to take (one) (two) (unlimited) classes on a weekly basis.

Sign: _____ Date: _____