

Welcome to Encore Fitness

Encore Personal Training, boot camps, pilates and yoga was founded on the principles of honor, courage and commitment. We are located inside six Las Vegas Athletic Clubs (LVAC) and Las Vegas MGM Resorts International. Encore personal trainers are available to meet you at the finest Las Vegas gyms, spas and your private home gym. Looking to hire a celebrity personal trainer to travel with you and your team? Individuals, performing artists, corporations and movie production companies get the lowest rate by searching our availability in your neighborhood. Book and pay online for Internet daily specials. Simply cancel or reschedule online to adjust your appointments. Create your login at www.RockYourBody.com and check your email for directions and verification of your purchases and add our appointments directly to your calendar. If you would prefer to sign up for text messaging appointment alerts, please select your communication preferences when you complete your login. For each person that you refer to our membership program you will receive \$100 towards your next service or to use as a gift certificate. Thank you for making fitness your priority.

Intro Specials

Enrollment fee \$29⁹⁹ Includes 1 hr fitness consult & body fat test.

- 12 Sessions small group training \$14⁹⁹/ per half hour session \$179⁹⁸ paid in full expires in one year
- Unlimited small group training \$199⁹⁹ expires in one month
- 12 sessions one-on-one personal training \$33³³ per hour \$399⁹⁶ paid in full expires in one year
- Custom meal plan \$74⁹⁹ with Fitness America judge and Encore owner Carol Strom. Includes 2 hours of phone consultation and custom meal plan via email. Expires in 90 days.

LVAC Small Group Training

Workout with your favorite trainer at a lower rate per person than one-on-one. Every day is an adventure with a new efficient weight lifting routine that is personalized for each participant. Bring unlimited guests to all your appointments. (includes partner matching 2-4 people on avg.)

Enrollment fee \$29⁹⁹ Includes 1 hr fitness consult & body fat test.

**Unlimited small group personal training membership: \$2,399⁹⁴
 Renewable with free annual rate lock**

**no refunds, no transfers, expires in 1 year, based on 48 week year (4weeks per month)
 equals \$199⁹⁹ /mo.**

Encore member pay as you go per half hr. \$19⁹⁹ /half hr.
 Non-Encore member pay as you go per half hr. \$39⁹⁸ /half hr.

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- ALL POLICIES, SPECIALS AND USEFUL INFORMATION ARE
 SUBJECT TO CHANGE -

Encore VIP One-on-One Training



Enrollment fee \$29⁹⁹
 Includes 1 hr fitness consult & body fat test.
 Private instruction and VIP Encore member exclusivity. Bring unlimited guests to all your appointments.

144 sessions: =\$4,799⁹⁴ Renewable with free annual rate lock

no refunds, no transfers, expires in 1 year,

144 is 12 sessions/month ave.

equals \$33³³/hour

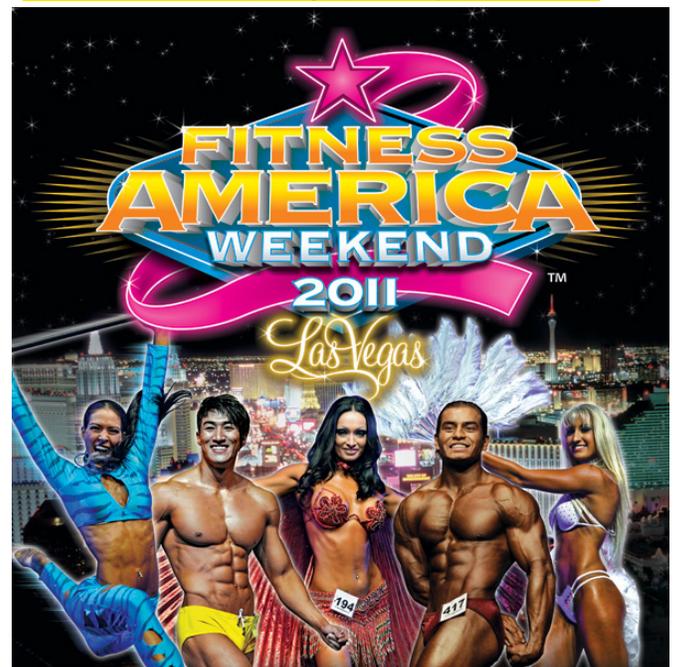
Encore member pay as you go \$39⁹⁹/hour

Non-Encore member pay as you go \$79⁹⁸/hour

90 Day Custom Meal Plan, Life Coaching & Workout Plan

Burn the fat and feed the muscle. Boost performance and fat loss by receiving a personalized eating program based on your age, weight, body fat percentage, lifestyle, and the activity level in your profession. Book unlimited life coaching phone sessions with Fitness America judge (Encore owner Carol Strom). Receive an easy to follow custom meal and life coaching workbook for convenient, on-the-go results. Save time and money with precise and personalized directions. Unlimited phone, text and email support. Counseling covers goals for love, health, wealth, and self image. Results guaranteed or your money back. Carol Strom is a UNLV finance major and a National Academy of Sports Medicine certified professional fitness trainer, life coach and creator of Encore.

No refunds, no transfers, counseling expires 90 days from 1st session \$499⁹⁹



Pro Photo Shoot & Body Fat Test

See your body fat percentage as it gets lower every 3 months while you transform from following the Encore System. Includes prints in the mail & e-mail with your age, the date, height, weight, body fat % and body mass index included. For best results, schedule this 30 minute Encore photo session every month. Mark the dates on your calendar to motivate, inspire and achieve your health & fitness goals. Photoshoots by appointment only: (702) 769-6027

Buy one get one free (take second photo in 90 days) **\$74⁹⁹**

Encore Home or Hotel Spa Fitness Training

Full time trainer(s) available for movie, concert preparation and tours for the entire staff and families while traveling or at home with auto pay contracts and terms to fit any budget and size of corporate groups, families, couples or individuals.

Unlimited Annually	\$149,999
One Unlimited Month	\$14,999
One Unlimited Week	\$4,999
One 24 hour Day	\$799

Includes general liability insurance, airfare, accommodations and per diem for Encore trainers to travel away from local clients.

12 sessions (\$49.99/session) **\$599.88**

One Hour (pay as you go) **\$59.99/session**

Life Coaching Workshop

Overcome negative emotional states and addictive behaviors. Private and Confidential. Take control of your personal and business goals. End depression without medication. Reprogram the Overweight Mind. Stop eating disorders, smoking. Workbook included. Results Guaranteed or your money back.

Same-day registration: **\$129⁹⁹**
 Early bird discount: **\$99⁹⁹**

Cardio Boot Camps

State-of-the-art ellipticals, indoor track, upright bicycle, recumbent bike, Stairmasters, treadmills, trekmill, skater machine and rowing machines will maximize your time. 50 minute session.

reg. \$39⁹⁹ **\$12⁹⁹/session**

Weekly Weigh-Ins

Track your weigh-ins for Encore contests, athletic competitions, employers, family, and friends. Includes cardio accountability for total time and distance assigned to you each week.

\$39⁹⁹/month

Ladies & Men's Black Heart Rate Watches



Records the calories burned during Encore workouts and ensure that you are exercising at the right target heart rate zone to burn fat as fast as possible. Heart rate watches include chest strap monitors to allow safety for beginners and so that advanced athletes can improve performance with scientific precision.

\$108⁰⁹

(includes tax & shipping)

Ladies & Men's Performance Apparel



Moisture management cotton blend T-shirts or stretchy long tank tops with gun powder Metallic Encore Star logo for men and women. **Net proceeds support American Cancer Society Cancer Action Network in Nevada**

1 for **\$21⁶¹**

2 for **\$32⁴¹**

(includes tax & shipping)

Fitness Evaluations

Measure your body fat, blood pressure, resting heart rate, flexibility, strength, cardiovascular fitness and recovery times. This test puts the pressure on you every 8 weeks to become faster, leaner and stronger. Includes tape measurements and detailed progress reports.

Buy one get one free (get follow up in 90 days) **\$39⁹⁹** (reg. \$499⁹⁹/each)

Schedule your Custom Meal Plan appointment today and call (702) 845-4100 at the time of your appointment.

- | | |
|---|--|
| <input type="checkbox"/> Weight Loss | <input type="checkbox"/> Gluten Free |
| <input type="checkbox"/> Lean body builder | <input type="checkbox"/> Kosher |
| <input type="checkbox"/> Low Cholesterol, Low Fat | <input type="checkbox"/> Mature Woman |
| <input type="checkbox"/> Mass Builder | <input type="checkbox"/> Vegan |
| <input type="checkbox"/> Vegetarian Low Fat | <input type="checkbox"/> Stable Blood Sugar |
| <input type="checkbox"/> Wheat-Free Low Fat | <input type="checkbox"/> Heart Disease Prevention |
| <input type="checkbox"/> Performance Training | <input type="checkbox"/> Osteoporosis Prevention |
| <input type="checkbox"/> Heart Healthy | <input type="checkbox"/> Stroke Prevention |
| <input type="checkbox"/> Low Carb | <input type="checkbox"/> Cancer Prevention |
| <input type="checkbox"/> Low Carb Fast Food | <input type="checkbox"/> Low Glycemic |
| <input type="checkbox"/> Low Carb All-American | <input type="checkbox"/> Energy Booster |
| <input type="checkbox"/> Low Carb Mexican Fiesta | <input type="checkbox"/> Healthy Aging |
| <input type="checkbox"/> Low Carb Italian | <input type="checkbox"/> On The Go |
| <input type="checkbox"/> Organic Low Carb | <input type="checkbox"/> Teen Scene |
| <input type="checkbox"/> Organic Low Fat | <input type="checkbox"/> Encore/Resolution Plan
Meal Delivery Program |
| <input type="checkbox"/> Lactose Intolerant | <input type="checkbox"/> Liver Detox Cleanse |
| <input type="checkbox"/> Fast Food | |

“Based on my professional experience and qualifications I find these menus provide a nutritious and well balanced diet for individuals concerned with weight control and overall health. An added benefit to these menus is that they are tailored to individual diet preferences. The caloric needs are customized for the amount and type of exercise athletes or every day people are performing and also takes into account body fat percent, lifestyle and activity in their profession.”

Diane D. Spindler Ph.D., N.D.

“As the Registered Dietitian, I have completed a thorough nutritional assessment of these menu templates. I have evaluated all caloric levels, macronutrients and micronutrients available. As a registered dietitian I deem and approve these templates to be consistent with guidelines that result in safe and healthy weight loss without dangerous supplements.”

Kimberly A. Tessmer, R.D., L.D.



USEFUL INFORMATION

INTRODUCTORY SPECIAL

The Intro Special for new clients only, is time to get acquainted with Encore Personal Training programs. We customize & plan your workout program, introduce you to online scheduling, and teach proper form & posture. The Encore system is preferred by athletes, models and busy professionals to burn fat, develop balanced symmetry & maintain healthy physiques. Exercise is clinically proven to overcome depression, lower cancer risk and improve general health. This sample participation in Encore training will jump start your exercise program with no further commitment. Specials are subject to change at any time, please note your expiration date. May not be combined with any other offer. All programs require online booking.

FREE CONSULTS

Customers can schedule free 60 min. consults online, at any time for any reason, to privately discuss their workout program via telephone, in person or by e-mail.

UNLIMITED SESSIONS, ANY LOCATION, ANY TIME

Unlimited means, any available times published on our online schedule, with any Encore trainer, at any location. Anytime means any available times in your plan. These programs allow advance bookings. Be sure to set your recurring end date on all appointment types and update them regularly, or you may have to select alternate times and trainers. You must be a hotel employee or hotel guest to work out with Encore in the Spa Gyms.

THE ENCORE ADAPTIVE WORKOUT REGIMEN

For best results, see your personal trainer 2-4 days per week to average 10-12 sessions per month, including holidays, vacations, set backs and busy seasons. Gradually increase your resistance workload in pounds and the total time muscles are under tension by doing more repetitions and the cardio interval intensity in the circuit to get results faster. Research suggests to increase your total cardio time to 200+ min./week before attending more lifting sessions to maximize fat loss results. Please arrive on time, warmed up and be ready to go. Please stretch for 15-min after each cardio or lifting session to cool down and avoid injury.

ONE-ON-ONE SESSIONS

One on One may be needed and is a case by case situation for special populations or those who want privacy. Some people recovering from injury or those who need more supervision until their bodies become more coordinated and athletes may need one-on-one. The cardiovascular system will become stronger with consistent exercise. LVAC Program is up to 3 days a week, 60 minutes. 12 month average 144 sessions (48/52 weeks). Daily doubles, multiple sessions allowed to meet averages with your favorite trainer. Our trainers can also travel to your home and to the Las Vegas Resorts as part of our celebrity fitness/home training program.

FITNESS EVALUATIONS

Fitness Evaluations will measure your body fat, flexibility, strength and your cardiovascular fitness to design a custom cardio and ab routine program just for you. It also gives us the necessary information to determine the best program for you. Competitive personal training and boot camp customers enjoy using this test to challenge themselves at regular intervals.

PAY AS YOU GO & SPECIALTY SERVICES

Customers who wish to pay as they go or need competition/performance advice, posing lessons, bikini, swimsuit & costume selection, posture or stretching lessons please use this specialty pay as you go appointment choices for each 30 min. Please use Professional Encore Photo Shoots with Body Fat test for valuable before & after modeling practice.



USEFUL INFORMATION

PERSONAL BELONGINGS, HEART MONITOR, AND NOTEBOOK

Lock up all belongings, keys, music, bags, coats, etc., in your locker before all sessions. At no time can a member bring a bag into the gym floor. Please do not ask the instructor to hold your phone, keys, wallet, etc. Client must wear heart rate monitor with chest strap to all workouts. If you have purchased a custom meal plan, please bring your food log to all training appointments & evaluations for review.

WEEKLY WEIGH-IN DOUBLE ACCOUNTABILITY

Customers report weekly weigh-ins, cardio minutes via e-mail Sundays before 5 pm or attend weigh-in to receive Body Fat test. Please record your attendance and weekly weigh-ins on the provided chart. Please review our web site Question & Answer page for more information.

ONLINE SCHEDULING REQUIREMENTS

After login, book appointments, select the "My Info" tab and then click "My Schedule" to verify, cancel or search for the first available appointment to reschedule.

Thank you for learning how to navigate our site to book now, re-schedule or cancel appointments. You can manage all your billing information and conveniently make purchases the same safe and secure way that you would pay us any other way.

We encourage you to visit our web site for instant solutions to your fitness schedule. Reserved spots that do not show may be given to standby students 5 minutes prior to class start time.

Reservations may be cancelled online, or by calling at least 24 hours in advance.

For free consultations please call to request a male or female trainer and confirm the location. Dress code is workout or business attire the first day.

Please arrive at least 15+ minutes before your workout start time to lock up your belongings and begin warming up on the treadmill or elliptical so that you can meet your trainer on time.

Working out alone will not guarantee results. You must burn the fat and feed the muscle with proper nutrition. Book your nutrition appointments online. Call (702) 845-4100 at the time of your custom meal plan appointment for the personalized phone interview and email correspondence to follow.

Fitness evaluations and photo shoots are available each week, suggested every 8 weeks for best results.

You must wear your Encore shirts to all of your training appointments. We would rather give you our advertising money to say thank you. For each person that you refer we will give you \$50 off your next personal training purchase!

If you haven't signed up already, enroll now for Encore weekly weigh-ins to accelerate your results.



ATTENDANCE/WEEKLY WEIGH-IN

After login, book appointments, select the "My Info" tab and then click "My Schedule" to verify, cancel or reschedule.

NAME: _____

Booked Online

Late or Cancel without 24hr notice includes texting, No Show/No Call

LOCATION: _____

TRAINER(S): _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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OCT																																
NOV																																
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Turn in copy of sheet to Encore manager every 12 weeks so that we can make sure that we pay your instructor correctly.

There is a \$19.99 fee for cancelling small group workouts or \$39.99 for private without 24 hour notice, no exceptions.

Record your weekly weigh in below and total cardio minutes completed each week before Sunday at 5:00 pm.

Date	Weight	Cardio Minutes	Body Fat %	Date	Weight	Cardio Minutes	Body Fat %
1 _____	_____	_____	_____	7 _____	_____	_____	_____
2 _____	_____	_____	_____	8 _____	_____	_____	_____
3 _____	_____	_____	_____	9 _____	_____	_____	_____
4 _____	_____	_____	_____	10 _____	_____	_____	_____
5 _____	_____	_____	_____	11 _____	_____	_____	_____
6 _____	_____	_____	_____	12 _____	_____	_____	_____

For best fitness results, please keep accurate records. Thank you in advance.

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WWW.ROCKYOURBODY.COM (702) 845-4100

