

# Chizel It Fitness

## Personal Training Program

Welcome to the team! We appreciate your support and look forward to helping you transform.

### General Information

**Who:** This Personal Training Program is developed and provided by Charles and Charli Harris, the Daddy Daughter Duo!

**What:** Personal Training Sessions that consist of a maximum of 12-15 participants. This special is first come first serve. Our goal is to elevate your fitness level, improve your strength, sculpt your body, target those stubborn lagging muscle groups, and target your focus area! Customized workouts combined with hands on support & special attention to your needs will help to add more intention, rigor, structure, and variety to your current regimen.

**When:** Sessions lasting 45 - 60 minutes.

Tuesday: 6-7pm

Wednesday: 5:30am

Thursday 6-7pm

Friday: 6-7pm

Saturday: 8-9am; 9-10am

*We highly recommend attending 2-3 sessions weekly in order to maximize your results!*

**Where:** Chizel It Transformation Fitness Center  
10999 Red Run Blvd, Suite 115  
Owings Mills, MD 21117

**Why:** This is for those at any fitness level and are ready to stay DO MORE IN 2024!. Learning how to improve your technique and form can also help to prevent injury, muscular imbalances, and reduce plateau and exercise ineffectiveness. Your body will change, change is what leads to transformation.

**How Much:** Each Session is only \$29.99! Please pay online at [chasingtransformation.com/chizelit](https://chasingtransformation.com/chizelit)

**Lock in Your Spot And Purchase a Package:**

10 Pack = \$300 + processing fee

## **Policies and Agreement**

### **Explanation of Sessions**

Your training sessions will involve progressive exercise levels regulated by your trainers. The session may consist of any combination of cardiovascular exercise, strength training, core training, interval training, flexibility, or similar activities. These activities are designed to place a gradually increasing workload on the body and, therefore, improve overall health, body composition and functioning.

During and/or after exercise you may experience localized muscle soreness or slight fatigue. These minor discomforts are more likely to appear in the early stages of the program. As the conditioning process continues with regular exercise, however, these discomforts should disappear. The information based on the observations made during the exercise session is treated as privileged and confidential; however, it may be used for statistical or scientific purposes with your right to privacy retained.

### **Payment Terms**

All sales are final. There are no refunds, exchanges, or transfer of services. **There are no refunds for missed or abbreviated sessions. You must go online to cancel your reservation in advance. Same day cancellations and no shows will result in loss of your session.**

### **Booking Your Session**

**PLEASE NOTE: YOU MUST BOOK ONLINE. YOUR RESERVATION IS NOT COMPLETE UNTIL YOU HAVE SECURED YOUR SLOT.**

You must reserve your spot for each class **no less than 12 hours** to the scheduled session. You may do so through visiting [chasingtransformation.com/chizelit](https://chasingtransformation.com/chizelit). It is advised that you book your sessions in advance in order to guarantee your reservation. All sessions will be open to book 14 days prior to the actual date and close at 11:59pm EST the evening prior to the session. Your session reservation is not complete until you go online to secure your spot.

The training schedule is subject to change with notice. Please note that this service may not be rendered every month. All participants will be notified in advance of the schedule and session availability.

## **How to be Best Prepared**

- Please aim to arrive 10 minutes prior to the start time to complete your intake forms.
- All sessions will begin promptly at their scheduled time.
- To be prepared for our session it is encouraged that you bring water and a towel. Also, please come appropriately dressed with athletic wear and sneakers.
- Eat a small pre-workout snack 45 minutes - 1 hour prior to exercise to properly fuel your workout. This could be something such as a banana, rice cake with nut butter, or an energy bar!