

TRAINING

PACKAGES

FACILITY ADDRESS

*1771 W. Hamlin Rd.
Rochester Hills, MI 48309*

FACILITY PHONE

248.844.3913

FACILITY EMAIL

hello@startinglinehealthandfitness.com



TRAINING PACKAGE LEVELS

At SLHF, our training packages are structured in three distinct levels: **Standard**, **Plus**, and **Premium**.

Below will describe each training package level and what is included.

If you have any questions, please feel free to reach out to a SLHF staff member for further details.

FACILITY PHONE

248.844.3913

FACILITY EMAIL

hello@startinglinehealthandfitness.com



STANDARD

PLUS

PREMIUM



ADULT

A composite image of a male and a female athlete in starting blocks, looking forward with determination. The image is semi-transparent, allowing the text to be clearly visible.

SPORT

A high-angle shot of several sprinters in various colored uniforms (green, red, black, orange, blue) competing on a red running track. The track has white lane markings and yellow arrows pointing forward.

PRIVATE

A close-up, semi-transparent image of a person's legs and torso as they perform a stretching exercise, possibly a lunge or a similar movement.

SEMI-PRIVATE

A semi-transparent image of a person in a black sports top lifting a dumbbell with both hands, performing a bicep curl.

ONLINE

A semi-transparent image showing a person in a purple shirt looking at a computer monitor. The monitor displays a person in a grey shirt standing in front of a chalkboard, likely participating in an online fitness or instructional class.

ADULT TRAINING

All Adult Training package expire in 3-months from the date of purchase. Each level (Standard, Plus, and Premium) classes must be completed prior to the 3-month expiration. The classes do not roll over after expiration. All sales are final after 3 business days, members cannot cancel their training package and receive a refund after 3 business days. All classes require a pre-registration through MindBody.

	STANDARD	PLUS	PREMIUM
NUMBER OF CLASSES	x5	x10	x20
PRICE	\$75	\$140	\$260
PER CLASS RATE	\$15	\$14	\$13

FIRST CLASS	\$1
-------------	-----

DROP IN	\$20
---------	------

At SLHF, your first class is \$1 (new members only) with a pre-class registration through MindBody. After attending your first class, you have two options: purchase a training package or continue paying a \$20 drop-in fee.



UNLIMITED **ADULT TRAINING**

All Unlimited Adult Training packages are monthly auto-payments, therefore a card must be on file. Auto-payments start on day of purchase. Each training package requires a 3-month commitment. After the 3-month commitment the package will transition towards a month-to-month payment. If a member chooses to cancel their membership, a 30-day written notice (email or letter) is needed prior to the day of cancellation. All sales are final after 3 business days, members cannot cancel their training package and receive a refund after 3 business days. All classes require a pre-registration through MindBody.

	UNLIMITED	UNLIMITED
TYPE	SINGLE	COUPLE
NUMBER OF MEMBERS	1	2
PRICE	\$175 month	\$300 month
PER SESSION RATE	\$7.29	\$6.25



SPORT TRAINING

All Sport Training package expire in 12-months from the date of purchase. Each level (Standard, Plus, and Premium) classes must be completed prior to the 12-month expiration. The classes do not roll over after expiration. All sales are final after 3 business days, members cannot cancel their training package and receive a refund after 3 business days. All classes require a pre-registration through MindBody.

	STANDARD	PLUS	PREMIUM
NUMBER OF CLASSES	x1	x8	x15
PRICE	\$25	\$160	\$225
SESSION RATE	\$25	\$20	\$15



UNLIMITED **SPORT TRAINING**

All Unlimited Sport Training packages are monthly auto-payments, therefore a card must be on file. Auto-payments start on day of purchase. Each training package requires a 3-month commitment. After the 3-month commitment the package will transition towards a month-to-month payment. If a member chooses to cancel their membership, a 30-day written notice (email or letter) is needed prior to the day of cancellation. All sales are final after 3 business days, members cannot cancel their training package and receive a refund after 3 business days. All classes require a pre-registration through MindBody.

	UNLIMITED
TYPE	SINGLE
NUMBER OF MEMBERS	1
PRICE	\$200 month
PER SESSION RATE	\$10



PRIVATE TRAINING

All Private Training packages expire in 12-months from the date of purchase. Each level (Standard & Plus) sessions must be completed prior to the 12-month expiration. The sessions do not roll over after expiration. All sales are final after 3 business days, members cannot cancel their training package and receive a refund after 3 business days. All sessions require scheduling with a SLHF Coach. Training sessions must be cancelled within 12 hours of the scheduled time, if not, your training session will be used.

	STANDARD	PLUS
NUMBER OF SESSIONS	1	10
PRICE	\$75	\$600
SESSION RATE	\$75	\$60



SEMI-PRIVATE TRAINING

All Semi-Private Training packages expire in 12-months from the date of purchase. Each level (Standard & Plus) sessions must be completed prior to the 12-month expiration. The sessions do not roll over after expiration. All sales are final after 3 business days, members cannot cancel their training package and receive a refund after 3 business days. All sessions require scheduling with a SLHF Coach. Training sessions must be cancelled within 12 hours of the scheduled time, if not, your training session will be used.

	STANDARD	PLUS
NUMBER OF SESSIONS	1	10
PRICE	\$50	\$420
SESSION RATE PER PARTICIPANT	\$50	\$42



ONLINE TRAINING



Looking for remote coaching? Linked Fit offers Online Training programs that are customized for each client! SLHF members receive 20% off by using the code below.



20%

OFF

CODE: SLHF20



OPTIONS

12-Week Program

52-Week Program

A person in athletic wear is standing in a gym, with a red overlay covering the entire image. The person is wearing dark shorts and white socks. A bicycle is visible in the background.

“

**ACHIEVE
YOUR
FITNESS AND
WELLNESS
GOALS!**

**IT WON'T BE
EASY, BUT IT
WILL BE
WORTH IT!**

FACILITY ADDRESS

1771 W. Hamlin Rd.
Rochester Hills, MI 48309

FACILITY PHONE

248.844.3913

FACILITY EMAIL

hello@startinglinehealthandfitness.com

