

Fitness and Wellness Services Agreement

This Agreement is for services provided by **We Will Workout** to the **Agency** _____ . The following services will be provided to the Agency's employees:

1. Improve Components Related To Fitness & Health
 - a. Flexibility
 - b. Muscular Strength
 - c. Muscular Endurance
 - d. Cardiovascular Training
 - e. Body Composition

2. Improve Skill Related Components
 - a. Speed
 - b. Agility
 - c. Balance
 - d. Coordination
 - e. Reaction Time/Reflexes
 - f. Power

3. Nutrition – General Nutrition Guidance

4. Assessments
 - a. Weight Monitoring
 - b. Body Composition Awareness
 - c. Progress Monitoring

5. Contract Performance Reviews

We Will Workout will provide the services listed above for the time period of _____ to _____.

Fitness & Wellness sessions will be in 1-hour increments. The fee for services is _____ per session.

This agreement can be terminated by either party.

Stephen A King, Owner
We Will Workout

Authorized Agent

Name of Agency

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