



ForwardFit Welcome Kit

Highland Landmark II
Tenants

Contact Bill @
630-660-7783
bwaltzek@forwardfit.com



Dear New Member,

Welcome to ForwardFit!

We are excited to bring the power of the ForwardFit training system to the Highland Landmark office building and its tenants. We realize that you have other choices when it comes to fitness and we would like to thank you for taking a look at ForwardFit. We believe we have the best club around, meaning our culture and our results. Our culture is based on motivated people that encourage, inspire and love to help others reach their goals where they might have struggled in the past. At the end of the day results matter and that is what we focus on.

When our members come to our gym they say it is the best part of their day. We don't discourage, we motivate and we change lives. It doesn't matter your fitness level, the members all workout together just at different degrees of intensity and we will modify anything to meet your needs.

A great benefit to our program is that we are bringing the same exciting and effective training without you having to leave the office building. There are no gym membership fees, only the cost of the classes.

Talk is cheap though, and every owner will tell you that they are proud of the gym they own.

We understand that making a decision to commit to working out is difficult. Will I like the other members? Will the staff appreciate my business after I join? Are there things I don't see that later make me wish I didn't buy here? That is why we are not tying you into any long term contracts. You will be billed monthly and can cancel at any time.

During our initial kickoff we will start with four days of training during the lunch hour (noon). Attached to the back of this welcome kit is a survey. We ask that you tell us what you are excited about or what you would like to see added to our training program. If we get enough requests for a class, day or time, we will add and continue to grow without changing your price as long as you're a current member.

Getting you the best results is our main focus by delivering quality training and a great experience.

We look forward to being a part of your fitness journey.

Sincerely,

Bill Waltzek – President and Owner



Do you want to be a part of this contagious atmosphere that each ForwardFit class brings? Join us for exciting and different training methods that will never leave you bored, with Circuit Training, Boxing, Yoga and more. This is the future of fitness and should be a part of your training. Stop wasting your gym hours walking on the treadmill when you can be flipping tires and swinging ropes with a group of inspired people. At the end of the day, it's all about results. ForwardFit is here to bring it to you now!

Location of our main facility

Address: 26W535 St. Charles Rd. Unit B, Carol Stream, IL 60188 (Behind Dick Pond Athletics)

Visit us:



Special Offer!

If you sign up for a membership by July 6th you will receive a
ForwardFit Starter kit for FREE!

Come on, everyone is doing it! 😊



Highland Landmark 2

Large Group Pricing

(6 and above people per class)

Membership: (any class type)

Drop in:\$20

10 week Punch Card:\$150 (\$15 per class)

Per month membership:

1 class per week:\$49 (\$12.50 per class)

2 classes per week:\$89 (\$11.13 per class)

Unlimited classes per week: \$129 (\$8.06 per class) ***Most popular option and best value**

All access pass: \$150 (full membership to Carol Stream location and Highland Landmark location) *Address of our Carol Stream location: 26W535 St. Charles Rd. Unit B, Carol Stream, IL 60188. There are more classes, times and availability at our Carol Stream location.*

*Any membership option allows the member to pick and choose between any class time, day or type.

*There are no annual contracts; memberships will roll from month to month allowing you to cancel at any time.

*Memberships will be charged by credit card or debit card monthly at the start date.

Large Group Class Descriptions

Fitness Boxing -

ForwardFit Boxing is a favorite among clients. Learn how to punch, dodge and fight your way through this workout. You will need a pair of boxing gloves for this class as we hit the heavy bag and focus mitts. Get ready to bring the intensity and knock out your stress.

Metabolic Circuit Training -

Train in a group setting using some of the same tools seen on "The Biggest Loser," such as kettlebells, ropes and more. Participants are burning 500 to over 1,000 calories in each class.

Hatha Yoga -

This class demonstrates a series of fundamental yoga asanas (poses) that will support and encourage the foundation of any student's yoga practice. Positions will be held to achieve proper alignment and build strength and integrity throughout the body. Look forward to learning about the benefits yoga has to offer on both your body and mind.

Vinyasa Flow Yoga –

Literally translated as "breath-synchronized movement," Vinyasa Yoga consists of a sequence of fluid-like transitions between sustained postures. The class is designed for yogis that are looking for a physically challenging yoga session consisting of equal doses of movement and strength-building stillness.

*More classes will be added at no additional charge as long as you are a current paying member.

*Class types and schedule will continue to evolve based on the needs of our clients. We want to hear from you. If you want more classes and times, we will make it happen based on the volume of people requested.

*Prices and classes are subject to change

Semi-Private and Personal Training

Semi-Private Training (2-6 people)

Drop in – \$35

10 sessions – \$330

20 sessions – \$600

Personal Training (1 person)

Drop in \$70

10 sessions – \$650

20 sessions – \$1,200

Share the cost of a trainer with semi-private group training. Each training package includes body fat testing, measurements, nutrition discussion and assessments. Train with your personalized workout program that will be sure to get you amazing results.

Semi-private and personal training sessions are scheduled separately from Large group classes.

Contact us for availability.

Contact info:

Phone number: 630-660-778

Website: www.forwardfit.com

Email: bwaltzek@forwardfit.com

*Prices subject to change

Class Schedule and Registration

Registering for Class

Registering for class is easy! If you have a smart phone you can download the Mindbody connect app. Put ForwardFit as your favorite and pick the class you want to attend. It's as easy as that! If you don't have a smart phone, no problem, you can go to our website www.forwardfit.com and click on the "book your class here tab," Click on that link and register that way by picking your class.

THERE'S A QUICKER WAY TO BOOK

Introducing MINDBODY Connect
Pick your next class, sign-up,
and even pay right from the app.

Book some time for you.



Because we have classes at our ForwardFit location in Carol Stream please use the class labeled "HL" in order to register for the proper class. If you have any questions please ask our trainers to help or call 630-660-7783.

Class Schedule

In our initial kick off will be holding classes at noon Monday through Thursday. The class schedule will look like this at kick off but may be adjusted based on feedback from our members or additional classes, times and days will be added as well.

Monday – Metabolic Circuit Training

Tuesday – Hatha Yoga

Wednesday – Fitness Boxing

Thursday – Vinyasa Flow Yoga

Classes will be about 45 minutes to an hour. Classes will be held at noon.

Testimonials



Brittney Sacco

Just under a year ago, I began training at Forward Fit. At the time I was also participating in a Barre/Pilates class, and going to a big box gym to do a lot of cardio. I was losing weight but to a certain point and my body would just plateau. After just a few classes at Forward Fit I learned correct form, weight training, HIIT Cardio, and many other ways to exercise that I would never have known to try on my own. I quit my other exercise routines and became hooked to the environment and the challenges that Forward Fit offered. Very quickly I noticed a change in my body; I lost 30 pounds and 6% body fat in 6 months and added 8 pounds of muscle to my physique. Even after nearly a year of membership, my muscle tone gets better with each workout and overall my body does not plateau as it did with other training. That is one of the things I love about this gym- the workouts are never the same and your muscles are always evolving giving you the best results. Aside from the phenomenal physical results, Forward Fit has helped me learn a lot about nutrition and how to properly fuel my body; driving my health forward at an accelerated rate and because of which I have now become addicted to health and wellness education. And above all, one of the most valuable attributes Forward Fit has to offer is it's people. We have members of all different ages, weights, and athletic ability and Bill really shows us all that he wants all of us to succeed and will personalize a workout to fit each unique individual's needs. Everyone works together and pushes each other; truly caring about not only each other's results but the people themselves. Forward Fit's member really act as one giant family, and that sincere support is something I have never found at another gym.

I get complimented on my body a lot and many people also ask me what else I do - what other training I do on the side other than Forward Fit that help me look the way that I do... I always tell them it is only Forward Fit. This is the only gym I go to and the only training I do, with everything there helping ensure your success, there is no reason I would ever look anywhere else.

Amanda Carew

“I improved my half marathon time by 22 minutes. And I looked amazing for my wedding. Thank you ForwardFit for making me feel beautiful in my dress!”

Lee Jelenic – Pro Hockey Player



“ForwardFit has a unique and individualized approach to fitness ensuring that each person gets the maximum out of the workouts. Whether you are looking to lose weight and get healthier, or if you are a competitive athlete aiming for a new level of fitness, you’ll find it at ForwardFit.”

The Team

Bill Waltzek

President and Owner of ForwardFit / Certified Personal Trainer



Bill Waltzek has a great passion for fitness and learned at a young age the importance of living a healthy life. He modeled his own personal exercise based on the likes of Arnold Schwarzenegger and the golden age of bodybuilding. In college Bill participated in the Body For Life competition landing in the top 10% off all competitors. After being certified as a personal trainer in 2006, Bill got a job at Xsport Fitness in Downers Grove, Illinois and had worked there for 3 years where he learned about functional training. He continued his education by implementing strategies from such great companies as Athletes Performance, IHP, Art of Strength, Functional Movement Screens and many more.

In 2009 Bill started his own company, Forward Fit, Inc and has been helping clients get in the best shape of their lives ever since.

It takes a lot of discipline and determination to achieve great results and ultimately it is the client's responsibility. But Bill's techniques, charisma and his extensive knowledge and passion make the workouts fun, challenging, and a bit different each time

Bill is a certified Personal Trainer by the American Council on Exercise, International Youth and Conditioning Association Kettlebell Instructor, Functional Movement Systems (FMS) Certified and CPR and AED certified through American Heart Association.

Jackie Rowatt

**B.S. Exercise Science- Western Illinois University
CPR /AED Certified**



Background:

Competitive Runner for over 5 years

High School Track and Field Coach

Personal Trainer for over 2 years

Group Fitness Trainer for over 2 years

Strength and Conditioning Coach for middle school, high school and college athletes

Member of the Dick Pond Fast Track Racing Team (Schaumburg)

Accomplishments:

2011, 2012, 2013, 2014 Quad-City Times Bix 7 Finisher

2011, 2012, 2013 Quad Cities Half Marathon Finisher

2012 Christie Clinic Illinois Marathon Finisher

2013 Tough Mudder Finisher

2013 Quad Cities Triathlon Finisher

2014 Dam to Dam, Iowa's Distance Classic Finisher

Julia McGuire

Yoga Instructor



Julia McGuire dove into yoga more than 10 years ago as a supplement to physical recovery. Yoga has opened doors for Julia, not only in terms of maintaining physical strength and flexibility, but also in the added benefits of evolving mindfulness and total well-being. One of her biggest joys is the opportunity to teach people different ways to help their unique body heal itself through the power of yoga.

Julia received her 200 hour yoga certification from YogaView Chicago. With a focus on Iyengar based alignment, proper sequencing, anatomy of yoga, adjustments and modifications, Julia is passionate about teaching safe, detailed, and accurate yoga to her students.

Julia is well-versed in several styles of yoga, including Hatha, Vinyasa, Yin, and Restorative as well as the practices of Bikram and Baptiste Yoga.

With a former background in dance, running, and soccer, a healthy and active lifestyle has always been paramount to Julia. These days, in addition to her consistent yoga practice, you can also find her scaling +100 foot rock walls around the world.

Photos of the ForwardFit Family







**Team
environment
Results Driven!**









Now is your chance to join a fun, result driven gym where you can finally have a good time getting in the best shape of your life.

Contact us now to book your first appointment.

630-660-7783

bwaltzek@forwardfit.com

**HIGHLAND LANDMARK II
FITNESS CENTER RELEASE FORM**

The undersigned ("I"), has requested that James Campbell Company, LLC, CBRE, Inc. and each of their successors and assigns ("You") to permit me to use the fitness areas or facilities (the "Facility") located at Highland Landmark II, 3025 Highland Parkway, Downers Grove, Illinois 60515 (the "Building"). I agree as follows:

1. I am an employee of a tenant in the Building. I will use the Facility only in accordance with the rules and regulations established by You from time to time. I will not permit any other person to use my access card.
2. I am physically capable of participation in an exercise program and I have obtained medical clearance from my physician with respect to my participation in an exercise program. I will not perform any activity which will injure me or others while engaging in such program.
3. I understand that my use of the Facility is at my sole risk and agree that I will bear the sole risk of injury and/or damage to my person or my property. I agree that, in the event of injury, I will be responsible for obtaining medical aid, at my sole expense. I understand that the Facility will not monitored or observed by You, and agree that You have no responsibility to do so.
4. I, on behalf of myself, my family, and my heirs and representatives, **HEREBY FULLY AND FOREVER RELEASE, ABSOLVE AND DISCHARGE YOU**, your officers, directors, shareholders, employees, contractors, and agents, and the successors and assigns of the foregoing (the "Releasees"), individually and collectively, from and against any and all Claims that I have, or in the future may have, arising out of or relating to my use of the Facility. "Claims" shall mean any and all claims, cause of action, rights of subrogation, suits, losses, liabilities, damages, costs and expenses (including, without limitation, attorney's fees and expenses) of every kind whatsoever, whether past or present, contingent or otherwise, matured or not matured, known, unknown, punitive, direct or indirect, actual or consequential, arising at law, in equity or otherwise. In addition to the foregoing, **I HEREBY AGREE TO INDEMNIFY, DEFEND AND HOLD HARMLESS** the Releasees, individually and collectively, from and against all Claims of whatever nature incurred by any of the Releasees, arising from or related to my use of the Facility. Notwithstanding anything to the contrary contained herein, nothing contained in this release form shall exculpate any of the Releasees from its own negligence or willful misconduct, to the extent such exculpation is prohibited by applicable law.
5. I agree that I have been given an opportunity to read this release form at my leisure and to ask questions about it. I agree that I have either consulted with an attorney about this release form or have elected not to consult with an attorney about it.
6. I agree that you may revoke my Facility privileges if I am no longer employed by a tenant in the Building, or if I violate any of the rules and regulations governing the Facility, and I will return my access card to You upon your demand.

Signature: _____

Print Name: _____

Date: _____

Company: _____



MEMBERSHIP FORM

New Member (Fill in Sections 1, 2 & 3)

Renewing Member (Fill in Sections 1 & 3)

1. MEMBERSHIP DETAILS

Membership Start Date: ___/___/___ End Date: ___/___/___

First Name: _____ Last Name: _____

Circle the membership details:

Membership Type: Group Fitness Semi-Private Personal Training

Membership Frequency: 1x 2x Unlimited Punch Card PT Exp.

Membership Term: 3 Month 12 Month 1 Month – (Highland Landmark)

2. MEMBER DETAILS (Renewing members complete if details have changed)

Sex: Male Female D.O.B.: ___/___/___ Age: ___ years

Street Address: _____

City: _____ State: _____ Zip: _____

Telephone: (H): _____ (W): _____

(Mobile): _____

Email: _____

Do you consent to receive information from ForwardFit via SMS and email? Yes / No

Emergency Contact Name: _____

Emergency Contact Phone: _____

3. MEMBERS DECLARATION & PAYMENT DETAILS

Before signing this document, I have read, understand and hereby agree to the terms and conditions of membership as defined on page two of this membership form and know that it effects my legal rights. For monthly payments, I authorize Forward Fit's signature in place of mine for credit card authorization and automatic payment.

I agree to pay the following fees: *Agreements auto renew unless canceled by email to bwaltzek@forwardfit.com.

Term / Monthly Debit Fee: \$ _____ MyZone Monthly Membership: _____

Payment Type: Cash Chq Credit

Disc Visa M/Card AMEX Name on Card: _____ Card Exp Date: ___/___

Card # _____ Security # on back of card _____

Signature: _____

Date: ___/___/___

Assumption of Risk; Waiver, Release of Liability and Indemnification

I represent that I am physically able to undertake the Company's exercise programs. I acknowledge and understand that whilst participating in such activity; using the equipment and facilities and engaging in any exercise or other strenuous activities are inherently dangerous activities, which expose me to substantial and serious hazards and risks of personal injury, including, without limitation death.

In consideration for the services rendered by Forward Fit, Inc and William Waltzek in the establishment of a personal physical fitness program for my benefit, I agree to waive any rights, claims, or damages for injuries which may occur as a result of my participation in said fitness/nutrition program.

I agree to disclose any physical limitations, disabilities, ailments, or impairments which may affect my ability to participate in said fitness program.

I understand that William Waltzek and Forward Fit, Inc. is a personal trainer and not a medical doctor, and that they will in fact be relying on my representations and disclosures regarding my health and physical condition.

I also do not hold the aforementioned institutions liable for any personal injuries, bodily injuries, or property damage while going to and from the aforementioned property.

I, on behalf of myself, my family, and my heirs and representatives, DO HEREBY FULLY AND FOREVER RELEASE, ABSOLVE AND DISCHARGE Forward Fit, Inc., and the officers, directors, shareholders, employees, contractors and agents, and the successors and assigns of the foregoing (the "Releasees"), individually and collectively, from and against any and all Claims that I have, or in the future may have, arising out of or relating to my participation in the personal physical fitness program conducted by Forward Fit, Inc. and WILLIAM WALTZEK (the "Program"). "Claims" means any and all claims, causes of action, rights of subrogation, suits, losses, liabilities, damages, costs and expenses (including, without limitation, attorneys' fees and expenses) of every kind whatsoever, whether past or present, contingent or otherwise, matured or unmatured, known, unknown, punitive, direct or indirect, actual or consequential, arising at law, in equity or otherwise. In addition to the foregoing, I HEREBY AGREE TO INDEMNIFY, DEFEND AND HOLD HARMLESS the Releasees, individually and collectively, from and against all Claims of whatever nature incurred by any of the Releasees, arising from or related to my participation in the Program. Notwithstanding anything to the contrary contained herein, nothing contained in this Agreement shall exculpate any of the Releasees from its own negligence or willful misconduct, to the extent such exculpation is prohibited by applicable law.

Administration

Memberships are not refundable or transferable.

Punch Card members are responsible for their card. Lost or stolen cards are not the responsibility of Forward Fit, Inc.

Each member must respect other gym users and behave in an appropriate manner at all times.

Forward Fit, Inc Staff reserve the right to rescind the rights of members not complying with the terms and conditions of the membership and permanently remove the member from the facility.

Term Memberships

Highland Landmark II member's terms are monthly only and do not require a 3 or 12 month agreement. Member agreements will auto renew unless an email is written to bwaltzek@forwardfit.com canceling the agreement. 10 session Punch Cards are available and are valid for 3 months from the date of purchase. Semi-Private and Personal training are valid for one year after one year, if the member does not use up their sessions they will be no longer available and no refund will be issued. Term memberships for ForwardFit Carol Stream location are 3 or 12-month memberships that have a start and end date.

Direct Debit Memberships

Direct Debit is an automatic monthly deduction from a debit or credit card (Visa, Bank Card or MasterCard AMEX only). This is an ongoing membership and deductions will be maintained until the expiration date of the executed contract or until the member cancels the agreement in writing to bwaltzek@forwardfit.com.

Cancelations

Carol Stream location only - A \$50 early termination fee will be charged for all memberships if canceled prior to the expiration date. This fee also applies to a change in membership frequency that is reduced or full cancelation. Cancelation fees will not be issued to memberships that are increased in frequency.

Suspensions

A member may suspend their membership with a note from their doctor.

MYZONE Activity Belts

If they member participates in the MYZone program, the member will be charged a one-time fee of \$75 to own the activity belt. An additional \$15 per month will be charged to the member's account to utilize the program on a monthly basis. The member may cancel the program at any time if they are not interested in continuing and will not be charged the \$15 monthly fee going forward. The activity belt charge of \$75 is nonrefundable.

Group Classes

Forward Fit, Inc. Large and semi-private group classes and their class schedules and times are subject to change.

Punch Cards

All members must bring their punch cards on each visit. All members must present their punch card prior to attending a Forward Fit, Inc group class.

Members can obtain a replacement card if lost or stolen. Replacement cards are available at a cost determined by Forward Fit, Inc.

Signature: _____ Date: _____

Feedback Form

1. What class that we have offered in our kickoff are you most looking forward to? _____

2. What type of classes are you looking for that we are not providing during kickoff? _____

3. What time of day works best for your schedule to allow you to workout? _____
4. We offer many pricing options, what option works best for you? _____
5. What type of training environment do you like best? Large Groups 6 or more,? Small groups 2-6 or personal training? _____
6. Would you be interested in personal training? Yes / No
7. Would you be interested in Massage therapy? Yes / No
8. Are you currently working out now? _____
9. How long have you worked out for? _____
10. What do you like best about workingout? _____
11. Do you have any injuries or concerns about starting a fitness program? _____

Additional comments/Concerns/Questions? _____

If you would like us to contact you about anything above to discuss further please list your contact information below.

Name: _____

Phone: _____

Email: _____

Life Style Enhancements

We offer a wide array of products to enhance your healthy life style form fitness products to clothing to supplements. Just ask, and we will let you know what we can do for you. Below are just a few items as an example.

Yoga Mats - \$20 plus tax (1/4" thick 74" x 24" x 1/4") – Assorted colors

You will need a yoga mat for Power yoga. You are welcome to bring you own or you may purchase a new one from us.



Quest bars - \$25 for a box of 12 plus tax or \$2.50 each (Many flavors available) 20g of protein, gluten free and sugar free.



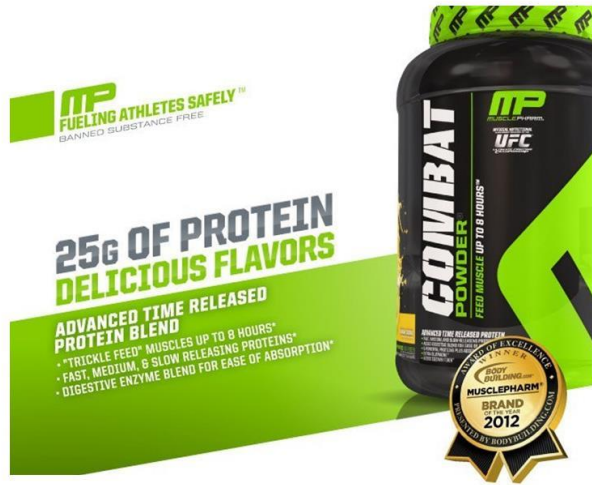
Quest Protein Chips: \$2.50 per bag or box of 8 \$17.99 plus tax



Quest Protein Powder - \$39.99 plus tax



Protein Powder – Many flavors and brands available



Now Available

\$49.99 4.4 lbs

\$32.00 2.0 lbs

Pre-workout drinks



Recovery – Glutamine - \$19.99 plus tax (300g)



Ostrim Jerky box of 10 -\$15.99 plus tax (multiple flavors available)



ForwardFit Gear

Racer Back Tank Tops - \$40 plus tax



Headbands - \$3.00 plus tax



Beanie - \$20.00 plus tax



Tshirt – \$20 plus tax



ForwardFit Logo Tshirt – \$20 plus tax – multiple colors

