

Services Menu
Branden Hayward
Spr. 2022

I offer personal training and Online Guidance. You may choose one or both of these services. Learn more below.

1. **Personal Training**

(In-person or virtually via Zoom)

Private sessions.

Non-member: \$199.

Member rate*: \$149.

Semi-private sessions (Share w/ 1 other client).

Non-member: \$129.

Member rate*: \$99.

2. **Online Guidance**

(Comprehensive on-demand workout programs, customized nutrition guidance, and progress evaluation. Monthly recurring. Cancel any time.)

Non-member: \$249/month.

Member rate*: \$99/month.

***Member rate info.** Become a member by enrolling in recurring Online Guidance by the end of introductory 15 min. complimentary phone call. Two month minimum Online Guidance required (\$99x2=\$198).

Membership is not available after this first call.

Must use a credit card and save on file. Cancel any time.

Members build more muscle and lose more fat, on average.

Personal training details:

- Hone your workout form, grow your fortitude, & get accountability.
- All sessions = 55 minutes.
- Rates inclusive of gym fee (@ Ultra Body Fitness, corner of Willoughby/La Brea) or my travel time to your home (in Hollywood or WeHo). Additional fee may apply for further travel.
- We can also train outdoors at Franklin/Ivar Park (Hollywood).
- For semi-private sessions: no need to provide your workout partner, but you're welcome to.
- Evidence of full Covid19 vaccination + booster required for in-person.
- A private session cancelled less than 24 hours in advance will be forfeited. (For example: a session scheduled for 7 AM Wednesday will be forfeited if canceled later than 7 AM Tuesday).
 - Semi-private sessions, once scheduled, are not eligible for rescheduling.
- My schedule evolves to fit my clients. Please tell me your broadest, specific availability. I'll let you know where we match up.
- All sessions expire one month after purchase.

Online Guidance details:

- Get customized, results-centric calorie & macronutrient prescriptions. (Example: *"Consume 2175 calories daily, comprised of 125 grams of protein, 75g of fat, and 250 grams of carbohydrates."*) Suggested: use app MyFitnessPal to log your food.
- Private access to me for troubleshooting and guidance re: food, supplement, & workouts.
- Work out on your schedule. 24/7 access to your interactive, progressive program. I'll build your program for the gym, home, and/or road, using my library of 130+ signature workouts. Access and complete workouts via the app Trainerize. Suggested: connect this app to MyFitnessPal, allowing me to see all your data.
- We'll both track your aesthetic progress as you upload body measurements and photos at six-week intervals, via Trainerize.

Membership details:

- Please remember: to enjoy membership rates, payment must be completed, and card saved on file, before end of intro phone call.
- Only use a credit card that does not expire within the next 18 months.
- Membership rates will convert to standard rates if membership is cancelled/interrupted.

General details:

- My services are non-refundable. I trust you to make a thoughtful decision as to whether I'm right for you. If you develop concerns during our work together, you agree to let me know immediately, so we can work to make it right.
- All services detailed in this document are "rental" services. Once you stop paying for them, they will expire at their agreed-upon date. If you are interested in a membership that never expires, consider DreamBody. Details at brandenhayward.com/dreambody/.

To move forward:

Please email branden@brandenhayward.com with the following:

1. Confirmation that you understand and agree to everything stated in this document.
2. Days and times you're available for a 15 minute exploratory phone call. (Once again, please keep in mind, the membership rates are only valid through the end of this call.)
3. The goals you want to reach during our work together. Please provide goals that are as specific and measurable as possible.
4. All injuries, surgeries and physical conditions you've encountered.
5. The times and days of the week you are generally interested in meeting (applies to personal training only).
6. What's prevented you from reaching and/or sustaining your dream physique in the past.

Thank you. I hope to help you achieve and sustain your dream physique!

— Branden