



We appreciate your referrals!

Please, before you bring a friend or a family member to a class, read this!

Step 1: Schedule a 'Get Started' Session

Have your friend call or [email us](mailto:info@maddawgfitness.com) to schedule a 'Get Started' session

or

they can click the 'sign up' link at www.maddawgfitness.com to schedule it themselves

Step 2: Attend the 'Get Started' Session

All new athletes start with a complimentary one-hour 'Get Started' session with a coach.

The 'Get Started' session is by appointment only, and will include the following:

- A gym tour
- Review of Physical Activity Readiness Questionnaire
- Review of athlete's goals
- A Functional Movement Screen (FMS) and personalized exercises based on the FMS findings
- Determination of the athlete's next step at Mad Dawg (Personal Training, Fundamentals Bootcamp, L.I.F.T. or Strength & Conditioning classes)

Step 3: Try a complimentary class *or* start personal training

When your friend signs up for classes at Mad Dawg, they'll receive a \$25 discount on Fundamentals Bootcamp, and then \$50 off of each of their first two months of unlimited classes; you'll receive \$25 off your next month of training for making the referral, and you get to train with your friend!