



DAT Fitness NOW OFFERS Corporate Plans

Dave Tudor is the owner and trainer of DAT Fitness, with 6 years of experience as an ISSA-Certified Personal Trainer. His passion is helping clients achieve their fitness goals and making sure they enjoy their journey along the way. He offers professional training, as well as supplements and nutrition counseling.

What sets DAT Fitness apart from other gyms?

We are NOT a gym membership. No Contracts. No Hidden Fees.

Try It Before You Buy It! We encourage you to come try out a class for FREE. We are confident that after you experience HIIT Training, you will be hooked. Gyms can be extremely intimidating, especially if you are new to this lifestyle. We pride ourselves in making your workout fun, and engaging.

Fitness Options

HIIT Classes: High Intensity Interval Training - is a one-hour cardiovascular exercise session alternating short periods of intense anaerobic exercise with less intense recovery periods.

You'll perform short bursts of high-intensity exercise followed by a brief low-intensity activity, repeatedly to build muscle and lose fat. Great for trimming down and toning up!

Strength Training Program: Personalized strength training, more like a gym. Follow written workout on your own.

Corporate Plan Includes:

Unlimited access to facility and classes. Open 6 days week.

M - Th 5:00 a.m. - 8:00 p.m.

Fri. 5:00 a.m. - 5:00 p.m.

Sat. 9:00 a.m. - 1:00 p.m.

SAVE \$15

Employee Discount - ONLY \$60/month

For New Enrollments or Questions Call

Dave: 620-617-0159

Shara: 620-804-1350

DAT Fitness is located inside the Fieldhouse
2817 9th St, Great Bend

Terms & Conditions

New enrollments may be made through their employer or DAT Fitness. Monthly payments may be processed through payroll or paid directly to DAT Fitness. All enrollments are subject to a 90 day payment agreement. If employee chooses to discontinue before the end of the 90 day period, they will be held responsible for any remaining balance. All payments will be made to DAT Fitness, 2817 9th St, Great Bend, KS 67530. There must be a minimum of 5 employees at any time, to receive the discounted rate of \$60 per month.

CONDUCT OF TRAINING SESSIONS

Client must wear proper attire (i.e. Shorts, sweat pants, T-shirts, Tennis/running shoes, etc.)

Absolutely no jeans shorts, sandals, open toe shoes of any kind. All sessions will be conducted at the Fieldhouse as agreed upon by fitness motivators/trainers & client.

PLEASE READ BEFORE SIGNING

Thank you for investing in your health with us. Please read the following: I fully understand that I'm pursuing an exercise program, designed to achieve a full workout of all major muscle groups, and that there are inherent risks associated with such training. I also acknowledge that the use of exercise equipment provided could cause injury or may contribute to or cause adverse health issues. I'm in good health and without any physical impairment or ailment or any medical conditions that may or should limit my ability to participate in physical training exercises. I hereby waive any claims against The Fieldhouse, 2817 9th Street Great Bend Kansas, and its or employees, its fitness motivators/trainers, shareholders, directors, officers, members, agents for any injury, or adverse health conditions arising from the use of the equipment, exercise regime, instruction, and training services. The exculpatory clauses herein shall be binding on the heirs, administrators and assigns of the client. I agree to hold harmless The Fieldhouse 2817 9th street Great bend Ks, and its fitness motivators/trainers, its owners, members, or employees from any liability, loss or theft of personal property. I fully understand and agree that this training contract is not transferable or assignable. I acknowledge that payment is required for blocks of sessions in advance of the actual training session. I understand this payment is not refundable. By signing this document, I attest, acknowledge and agree that I am legally bound by its content.

Payment Method:

Check or Cash

Name: _____ Date: _____