

## A Program Made More Affordable

*A fundamental part of our mission of serving seniors is to make the Lifetime Fitness Program® available in as many locations and diverse settings as possible. We have successfully helped organizations with grant assistance and creative funding ideas that may further offset the cost of this program. Please contact the Lifetime Fitness Program Coordinator for more information.*

*Your license fee includes an instructor manual, instructor training, program guidelines, marketing support and perhaps most importantly, our pledge of on-going support and program improvements.*

### License Fee Includes:

- The LFP Instructor Manual
- The LFP Participant Guide
- One year connection to the LFP e-mail discussion group
- One year subscription to the LFP online news publication
- Onsite Instructor Monitoring (within Seattle, WA)
- One five-hour instructor training by a LFP Master Trainer
- Invitation to the LFP Annual Workshop in Seattle
- Invitation to the LFP Annual Training in Seattle

### Annual License Renewal Includes:

- Invitation to the LFP Annual Workshop in Seattle
- Invitation to the LFP Annual Training in Seattle
- Updates to the LFP Instructor Manual
- Updates to the LFP Participant Guide
- One year connection to the LFP e-mail discussion group
- One year subscription to the LFP online news publication

**License Fee includes:** only those items as stated above and is valid for one year from date contract is signed. **License Fee does not include the following:** Recommended wrist and ankle weights. Transportation or housing costs for Instructors to attend Annual Workshop or Annual Training in Seattle, WA. Transportation or housing costs for Instructor Training outside Seattle, WA. Please contact the LFP Program Coordinator for details. **Additional Site License:** Additional sites may be licensed at the Each Additional Site Fee as listed above providing site is owned and operated by the same person, individuals, or corporate structure holding the original license. All locations must operate under the same dba. **Extra Cost Provisions:** Prices for License Fee and License Renewal are subject to change without prior notice. Approved soft weights may be purchased directly from the Lifetime Fitness Program Coordinator. Instructor Monitoring, Instructor Training and Program Monitoring outside Seattle, WA is available at additional cost. Other terms and conditions may apply under the License Contract. **Revision Date: 01/20/03.**