



**EVERLASTING  
CHANGES** PERSONAL  
TRAINING &  
NUTRITION



MEMBER HANDBOOK

**Call Us (704) 412-8719**

**Visit Us Online [www.everlastingchanges.com](http://www.everlastingchanges.com)**

# TABLE OF CONTENTS



PAGE 1 WELCOME



PAGE 2 SPECIALTIES/HISTORY

PAGE 3 TESTIMONIALS

PAGE 4 HOURS

PAGE 5 IMPORTANT PHONE  
NUMBERS/MOBILE APP

PAGE 6 SIGN UP/ORDERING  
INSTRUCTIONS



PAGE 7 APPOINTMENTS/CLASS  
SIGN UP INSTRUCTIONS

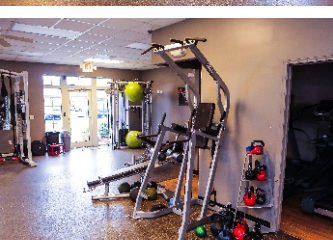
PAGE 8-9 MEET THE TEAM

PAGE 10-12 SERVICES



PAGE 13 NUTRITION AND 24-DAY  
CHALLENGE

PAGE 14-15 FREQUENTLY ASKED  
QUESTIONS



PAGE 16-17 RULES AND REGULATIONS

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# WELCOME

At Everlasting Changes, delivering you with **MAXIMUM RESULTS** in **MINIMUM TIME** is our primary focus and how we've built our outstanding reputation! Everything at Everlasting Changes is customized and designed with convenience in mind. Our facility is suitably located, we offer online, flexible scheduling and unlimited "on demand" personal training!



Right now you can try us out without any obligation! Ask about our current promo! Each new client receives our "trainers handshake" where you get to try before committing! We feel so strongly about the quality of services and results we deliver that we **GUARANTEE** your **RESULTS** and **EXCITEMENT**!

Take advantage of our offer now! Let us prove to you that we can have you feeling and seeing results immediately!

Your Partners In Health,  
Brent & Jennifer Kasmer

**Everlasting Changes**  
**Personal Training Studio & Nutrition**  
16615 Riverstone Way  
Charlotte, NC 28277

# SPECIALTIES & HISTORY

We specialize in customized program design for private & semi-private training, nutritional coaching, meal planning & supplementation. All programs and services are offered from Certified, Insured Personal Trainers and Nutritionists.

Our business provides clients these programs in an upscale, intimate atmosphere. By delivering high quality personal training services that are customized and developed per individual based on their needs and goals **fast results** are achieved. Each program can be immediately modified **on demand** as the client communicates their physical capabilities and limitations to the trainer.

We feel honored to have been voted Charlotte's Best of the Best in Personal Training. We take this award and our responsibilities seriously by keeping all certifications up to date, remaining fully insured at all times and advancing our expertise through opportunities for continuing education and experiences.

Established in 2011, Jennifer Kasmer, CEO decided to leave her career as a Licensed Counselor to develop a high end boutique style training facility that offered high quality services to an affluent clientele through customized workout and nutritional programs by educated, certified and insured experts. Our mission:

*"To offer MAXIMUM RESULTS in MINIMUM TIME by providing intuitively designed programs at the highest level of service and customer care in a welcoming, fun and high energy environment."*

We have since been awarded Best in Charlotte for Personal Training and Best Nutrition by Elevate Magazine. We take these accolades seriously and use them as motivation to continually grow and improve our services so we remain unsurpassed in excellence in both our community and industry.



# TESTIMONIALS



“It's the hardest, most intense, most productive 30 minutes of my day that I love to hate.”

*Dustin Baker*

So grateful for finding Everlasting Changes! I joined in June 2014 as I needed someone very knowledgeable to teach me to work out safely. I have a pretty severe scoliosis and I have many limitations, so exercising with good form and finding my core strength was crucial. This last July I had a traumatic life threatening injury (not related to exercise) which made me an even more complicated case. I had two arteries in my neck damaged, a small transient stroke, and a traumatic aneurysm and I had could not get my heart rate up for 3 months, plus other restrictions. Oddly enough, this was a blessing as it motivated me to clean up my diet and really focus on my health. I have lost 39 lbs in just around 4-5 months. Brent and the Kristine have been super supportive throughout, not just with the training, but also emotionally helping me on days that I would get frustrated. They have been so important in my transformation. Its hard to express my gratitude. I have not reached my final goal, but I am close, and most importantly, my chronic pain and numbness are so much improved! Investing in your health is really the most important investment you can make, and I can't think of a better place to start than with the Kasmer's at Everlasting Changes! Thanks for all you have done for me and for helping me change my life!



# HOURS & SCHEDULE

## PRIVATE & SMALL GROUP TRAINING

Mon 5:00am - 11:00am | 3:30pm - 7:00pm\*

Tue 5:00am - 11:00am | 3:30pm - 7:00pm\*

Wed 5:00am - 11:00am | 3:30pm - 7:00pm\*

Thur 5:00am - 11:00am | 3:30pm - 7:00pm\*

Fri 5:00am - 11:00am | 3:30pm - 7:00pm\*

Sat 7:00am - 10:30am\*\*

Sun Closed

\* Last appointment time is 10:30am and 6:30pm

\*\* Last appointment time is 10:00am



# IMPORTANT TELEPHONE NUMBERS

**Jennifer Kasmer, CEO**  
**Certified Personal Trainer**  
**Nutritional Coach**  
**(704) 412-8719**

If you have questions with sign up, purchasing a package online, billing inquiries, and/or would like to get scheduled for a nutritional consultation do not hesitate to contact me.

**Brent Kasmer, Lead Trainer**  
**(704) 412-8719**

If you have questions with appointment availability, scheduling issues, your customized workout regimen, the results you are receiving, injuries/ailments, muscle soreness, aches/pains, and/or would like to get scheduled for a fitness consultation do not hesitate to contact me.

If you have a referral to provide us, please shoot me their contact and I will give them a call immediately. We will show them the exact professionalism and courtesy as we did you when you got started with us.

**Mind Body, Software Company**  
**(877) 755-4279**

If you have questions regarding purchasing packages, scheduling online and billing and have exhausted all other resources at getting the issue resolved, do not hesitate to contact our Software Company. They are quick to answer and highly educated in the IT field. They should be able to take your call and get your question answered.

## MOBILE APP



Download our App “Everlasting Changes” from the apple or google play store.

The App features purchasing and booking appointments, canceling or rescheduling, completing the waiver and more.

# SIGN UP INSTRUCTIONS

1. Go to our website: [www.everlastingchanges.com](http://www.everlastingchanges.com)
2. Click “Appointments”.
3. Follow the directions on the page for New Clients or Appointments.
4. New Clients complete and submit your short profile.
5. New Clients complete and submit your health and waiver of liability form.

## Ordering Packages for Service

Once a profile and waiver has been completed, a package can now be purchased.

1. Click “Client Login”
2. Login using your email and password. Once logged in the system will welcome you.
3. Click the “Online Store” tab
4. Choose the package that most suits your wants, needs, budget and schedule at this time from either “no monthly commitment” (i.e. no auto draft) or “discounted” (i.e. 6 or 12-month auto draft)
5. Click “I agree with the above terms” after reading and reviewing the auto-draft terms.
6. Click “Make Purchase”.
7. Review items & quantities in your shopping cart.
8. Click “Check Out” or “Continue Shopping” (to add items).
9. Complete the billing information form using our PCI compliant secure payment system. Please list the email address at which you would like to receive your e-receipt.
10. Click “Place Order” when ready.



# APPOINTMENTS AND CLASS SIGN UP

1. Go to our website: [www.everlastingchanges.com](http://www.everlastingchanges.com)
2. Go to "Appointments"
3. Scroll down to see the calendar
4. Select your session type
5. Select date range
6. Choose the day and time that best suits your schedule. Choose "Private" or "Semi-Private" dependent on your package and its availability
7. If it's going to be the same time each and every day, choose "recurring appointment". This allows you to cancel and reschedule only if your schedule changes. If not, choose "book appointment". When choosing "book appointment", it schedules you for one appointment only and you will have to continue to book each and every appointment that same way.

ON DEMAND SEMI-PRIVATE allows you to book as needed even only 5 minutes before becoming trained. Trainers are scheduled set times and stay the full allotted time frame.



# MEET THE TEAM

## **Jennifer Kasmer, CEO Certified Nutritionist & Personal Trainer**

Jennifer left her career as a Licensed Counselor to pursue her dreams of transforming others through personal training and nutrition. She feels that results are driven by increased accountability between the trainer and client. This can be found at the Everlasting Changes elite, upscale boutique style studio. Her mission is to deliver the highest quality program design and services in a fun, energetic environment to **MAXIMUM RESULTS** in **MINIMUM TIME** for the busy individual. Through both personal training and nutrition, Jennifer helps her clients set and achieve their goals daily.



## **Brent Kasmer Lead Personal Trainer**

Brent has over 15 years of experience, competes at a Professional level in All-Natural Bodybuilding and is Certified, Insured for Personal Training, Sports Conditioning and Sports Nutrition through ISSA. He carries himself with the utmost of integrity as a Christian, husband, father and business owner. He holds himself accountable to practice what he preaches and leads by example when it comes to working with his clients.

# MEET THE TEAM



## **Kristine MacWilliams** **Certified Personal Trainer**

Kristine is a Certified Personal Trainer and Group Fitness Instructor through NASM with 20 years in the fitness industry. She has a strong background in weight training and indoor cycling. Kristine has a passion for helping others achieve their health and fitness goals to feel and function better in everyday life. She believes that pushing yourself in the gym and taking the time to exercise effects your overall lifestyle and helps you achieve your goals both in and out of the gym.

## **Tracy Gariepy** **Certified Personal Trainer**

Tracy is a group fitness instructor and certified personal trainer through NASM, and has been working professionally in the fitness industry for ten years. She is an accomplished ultra-marathoner, and frequently races at distances ranging from half-marathons to hundred-milers. She believes that fitness is a way to stretch your boundaries, step out of your comfort zone, and continuously evolve and learn. Her joy of coaching and encouraging her clients to succeed is as evident as her passion for running and fitness.



# SERVICES

## **Private Personal Training**

**\$150/hour    \$75/half-hour**

- Participate in a strategy session with a Certified, Insured Personal Trainer to develop your short term and long-term fitness goals.
  - Receive monthly body fat measurements using both skin fold and girth to establish a healthy goal weight and guidance towards continued progress.
  - Obtain a specialized comprehensive training program specifically designed based on your individual goals and needs
  - If you are doing the work, we guarantee these results: weight loss, reduced inches, muscle gain, tonality and definition, increased energy, regulated sleep patterns, improved mental focus, clarity and higher self-esteem
- BENEFITS:** Work 1 on 1 with a personal trainer with 100% focused time minus distractions. Scheduling is dependent upon availability of the specific trainer.

## **Unlimited Semi-Private (Small Group) Personal Training**

**\$399 No Monthly Draft**

**\$363 6-Month Draft**

**\$330 12-Month Draft**

- Receive the same inclusions as Private Personal Training however work with 3-4 others in your group.
- **BENEFITS:** Flexibility in both scheduling and availability. Semi-private is available all operating hours, is unlimited and on demand. On demand is that you don't have to book in advance, you can literally book 5 minutes before walking in the door for your session and one of the Everlasting Changes Training Team will be available to train you.

***BONUS: Purchase 26 & 52 weeks up front and save!  
See staff for details. Certain restrictions apply.***

# SERVICES

## Nutritional Meal Planning

Jennifer Kasmer, CEO, Certified Personal Trainer & Nutritional Coach has also competed in several competitions. She won 1<sup>st</sup> place in her last competition before hanging up her bikini to become pregnant with her last little one, Bergen who was born in late 2014. She develops and designs customized meal plans for all the competitors. The meal plans indicate what to eat at what times and how much, dependent on your macronutrient needs and lifestyle.





# SERVICES

## **Bodybuilding, Physique, Figure, Bikini & Model Competition Consultation**

Brent Kasmer, Lead Personal Trainer & Sports Nutritionist, has competed in several competitions with various All-Natural Organizations such as INBF & Musclemania. He obtained 1st place in every competition and received his PRO card at Musclemania against over 500 competitors. He currently continues to guest pose for Musclemania and train others to prepare for shows. Each and every person with whom he has worked has placed in the top three of their respective categories.

Consultation varies with each individualized program dependent on the needs of the competitor. The programs are specifically designed to aid the bodybuilder, physique, figure, bikini or model competitor in all aspects of the competition experience such as nutrition, workout regimen, posing, music and tanning and includes a dynamic warm-up and cool down.



# NUTRITIONAL SUPPLEMENTATION

Everlasting Changes partnered with Advocare to provide the client with the best core nutritional products on the market. Medically formulated and backed by over 20 years of science, these products offer you with maximum results for your health, weight loss, weight management and performance. They are all-natural and herbal, as well as offer the “informed choice” checkmark which designates that they have all been privately tested through consumer labs to prove that they are “banned substance FREE”.



At Everlasting Changes, our team feels that this is the best jumpstart to finding your healthy weight. Complete with a daily guide that advises you what to eat and when along with supplements, people are provided with between a 10-20 lb. weight loss.

Jennifer Kasmer, Co-Owner & Certified Nutritionist provides you with unlimited nutritional coaching and support throughout the duration of the 24-day program. She also provides you with a customized meal plan to maximize your results with accountability via text/email when there is a change in the program.

## 24-DAY CHALLENGE

### Cleanse Phase - Days 1-10

Cleanse your body of toxins and prepare for optimal nutrient absorption, and you may enjoy some weight loss as well.

- ✓ Herbal Cleanse - helps to cleanse and detoxify your body
- ✓ OmegaPlex® - essential fatty acids for increased overall wellness
- ✓ AdvoCare Spark® - nutritionally-advanced energy\*

### Max Phase - Days 11-24

Give your body the best tools to achieve your next weight management goal.

- ✓ Metabolic Nutrient System (MNS™) - for weight management, appetite control and overall wellness
- ✓ Meal Replacement Shake - Complete nutrition in a great-tasting shake!
- ✓ AdvoCare Spark® - nutritionally-advanced energy\*

# FREQUENTLY ASKED QUESTIONS

## **Is this a personal training studio, as opposed to a gym?**

Yes, it is a family owned, operated elite, private 2000' facility.

## **Do you have showers?**

Yes, we have showers for both women and men and provide all the necessary amenities for showering such as towels, washcloths, shampoo, conditioner, hair dryers, etc.

## **For my fitness consultation or first scheduled appointment should I wear workout clothes?**

Yes. We will take you through a brief fitness assessment to begin designing your program.

## **How long are the training sessions?**

30 – 45 minutes dependent upon the client.

## **Is that long enough for a training session?**

Yes, at Everlasting Changes it is definitely to see FAST results. Our workouts are customized to maximize results in minimum time.

## **What are your hours for training?**

Private Personal Training is dependent upon the hours of availability specified by the trainer. Semi-private sessions are available on the half hour during all hours of operation.

## **What is semi-private training?**

Small groups that consist of 2-4 clients per trainer. Our sessions are conducted in a circuit style-training format. Each person participates in their own circuit throughout the personal training experience, which makes them feel as if they are still training privately with the instructor.

# FREQUENTLY ASKED QUESTIONS

## **What is meant by “On Demand”?**

We know that you are busy. Sometimes you are too busy to even plan ahead for when you can make workouts. However, at Everlasting Changes, you can book 2 days or even 5 minutes in advance during our operating hours. Regardless of how early or late you book, when you arrive a trainer will be there to instruct you through your workout.

## **Why Semi-Private?**

People get the best results in small group settings and we pride ourselves on delivering our clients with the best results in the shortest amount of time.

## **Will I (the client) hold up the group?**

Absolutely not! You will be in your own individual circuit almost as if you are being privately trained. The trainer only leaves the other individuals in their circuits during exercises where no support is necessary or needed.

## **Why should I try Everlasting Changes?**

We not only maximize your results in minimum time, however, we invest in you to ensure that accountability is given and unlimited support is rendered.

Our biggest compliment is when clients share how they appreciate and value our facility, their experiences, our trainers and their RESULTS! They explain that no other facility compares and are glad that they finally found our place to call HOME for all their personal training and nutritional needs.

# RULES AND REGULATIONS

- ✓ Each person participating in any type of service within the Everlasting Changes facility must have a completed health and waiver form on file, as well as a Mind Body profile.
- ✓ Each person under the age of 18 must have a health and waiver form completed by a parent or guardian and both the parent/guardian and child must have a Mind Body profile.
- ✓ No children not participating in personal training services are allowed to be brought to the facility. We do not have childcare available within the facility. If an emergency occurs and you have to bring the child with you in order to make your session, they must sit quietly within the studio and refrain from touching any of the equipment, weights and/or machines. If the trainer feels that the child is not manageable, the session will be immediately terminated and session will be lost.
- ✓ No loud or offensive language or behavior.
- ✓ Keep the facilities clean. Please pick up after yourself and discard your trash.
- ✓ Proper workout attire is mandatory, ie. Gym shoes and shirts (no street clothes or shoes).
- ✓ All studio/keycard access members must ensure that all equipment used for your workouts is re-racked and replaced in their appropriate places after each use
- ✓ You must refrain from bringing your own fitness equipment to our facility as we do not want to feel responsible for anything lost or stolen.



# RULES AND REGULATIONS

- ✓ Please use the cubbies located at the back of the facility for all your personal belongings. Anything that you worry could get lost or stolen, leave within your locked vehicle or at home.
- ✓ Place all linens (i.e. sweat towels, wash cloths, bath towels) in the hamper before leaving the facility. This will allow the staff to ensure that it gets washed prior to your next visit.
- ✓ In the case of equipment malfunction, please notify the Everlasting Changes team via email at [everlastingchanges@gmail.com](mailto:everlastingchanges@gmail.com)
- ✓ In the case of medical emergency, dial 911.
- ✓ During Everlasting Changes' non-staffed hours of operation, please use caution when exercising.
- ✓ There is no loitering, drug use, smoking, alcohol use or any illegal activity allowed in the facility.
- ✓ Do not deface or destroy any property within the gym, including walls, floors, equipment, restroom facilities.
- ✓ If you notice that you are the last person using the television when engaging in cardiovascular exercise, please turn it off after you are done.
- ✓ During peak hours, please refrain from using cardiovascular equipment for longer than 30 minutes.

***Thank you and enjoy the gym!***



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