

s. Modification of the Franchise Agreement	Articles VII and XX	You must comply with the Confidential Operating Manual as amended from time to time. The Franchise Agreement may not be modified unless mutually agreed to in writing, except to the extent that we may reduce the scope of covenants as provided by the Franchise Agreement.
t. Integration/merger clause	Article XX	Only the terms of the Franchise Agreement and other related written agreements are binding (subject to applicable state law and FTC regulations). No other representations or promises will be binding unless mutually agreed to. However, nothing in the Franchise Agreement or in any related agreement is intended to disclaim the Franchisor's representations made in this disclosure document.
u. Dispute resolution by arbitration or mediation	Article XXIII	Except for certain claims brought by us, all disputes must be submitted to arbitration in New York, New York, subject to state law.
v. Choice of forum	Article XXIII	Arbitration must be at the American Arbitration Association located in New York, New York. We may initiate certain litigation in a court of competent jurisdiction, which is either a New York state court in New York, New York or in the United States District Court for the Southern District of New York in New York, New York. See the State Addendums attached as Exhibit G for more information. All depositions in connection with any litigation between the parties will be held in the jurisdiction and venue indicated above. Choice of forum may be subject to applicable state law.
w. Choice of law	Article XXIII	Subject to applicable state law, the laws of the State of New York govern the Franchise Agreement. However, if the Franchised Business is located outside of New York and a provision of the Franchise Agreement is not enforceable under the laws of New York but is enforceable under the laws of the state in which the Franchised Business is located, then that provision (and only that provision) will be interpreted and construed under the laws of the state where the Franchised Business is located.

ITEM 18. PUBLIC FIGURES

We do not use any public figures to promote our System.

ITEM 19. FINANCIAL PERFORMANCE REPRESENTATIONS

The FTC's Franchise Rule permits a franchisor to provide information about the actual or potential financial performance of its franchised and/or franchisor-owned outlets, if there is a reasonable basis for the information, and if the information is included in the disclosure document.

Financial performance information that differs from that included in Item 19 may be given only if: (1) a franchisor provides the actual records of an existing outlet you are considering buying; or (2) a franchisor supplements the information provided in this Item 19, for example, by providing information about possible performance at a particular location or under particular circumstances.

The financial performance representation being made below is a historic financial performance representation about a subset of the existing outlets in the franchise system. The included outlets do not differ materially from those of the outlets that may be offered to a prospective franchisee. New franchisees will be granted the right to operate either a Core Program or a Plus Program.

The following information represents the “Gross Revenues” of 32 owners representing 52 of the 53 franchised units for the time period of January 1, 2024 to December 31, 2024. This information includes only units that have been operating for at least one (1) year and that have been owned by the same owner(s) throughout the period of January 1, 2024 through December 31, 2024. There are franchised units that did not deliver their Gross Revenues statements in time for this compilation and additional franchised units did not report because they were either open for less than one (1) year or they were transferred to other franchisees during the year. During the time period of January 1, 2024 to December 31, 2024, there were two (2) franchised units that terminated, three (3) franchised units that ceased operations, and three (3) franchised units that did not renew. “Gross Revenues” is defined as the gross revenue generated by a Business for all of the services it provides. Gross Revenues does not account for any deduction of fees and costs paid to us, of wages, fees, taxes, or costs paid to any employee or independent contractor hired by a franchisee, for the payment of taxes, or for any other operating expenses, fees, costs, or deductions that the franchisee may decide to subtract from Gross Revenues.

TABLE 1: Consolidated Profit and Loss for 2025 for Reporting Franchise Outlets

For Tables 1A through 1C, the adjustment to Net Operating Income categorized as “Royalties” includes an adjustment for Royalties, National Advertisement Fund fees, and Technology fees.

The following is a table summary of each market for 2025. The tables present the following unaudited information concerning the Reporting TGA owners: (1) Table 1A: Gross Revenues, Gross Profit, and Net Income After Royalties, for the reporting TGA owners for the 2025 reporting period; (2) Table 1B: Gross Revenues, Gross Profit, and Net Income After Royalties for the reporting TGA owner with multiple units for the 2025 reporting period; and (3) Table 1C: Gross Revenues, Gross Profit, and Net Income After Royalties for the reporting TGA owners with one unit for the 2025 reporting period. The reporting period corresponds to the twelve-month period from January 1, 2025 to December 31, 2025.

1A: The following is a consolidated Profit and Loss Statement, which shows averages for all reporting franchise outlets.

Average - Total		
# of Owners	23	
BUSINESS NAME		
OWNER NAME		
Average Income Statement	Total	% of Revenue
Revenue		
Operating Revenue	278,913	99%
Other Revenue	2,520	1%
Revenue, Total	\$281,433	100%
Direct Expenses		
Coaching Payroll	88,923	32%
Payroll Taxes - Coaching	12,476	4%
Equipment & Apparel	6,640	2%
Location Rent/Fees	25,739	9%
Direct Expenses (COGS)	\$133,777	48%
Gross Profit	\$147,656	52%
Marketing	6,589	2%
Personnel Expenses		
Admin Salaries (exclude owners)	24,033	9%
Admin Salaries - Payroll Taxes & Fees	5,186	2%
Recruitment/Background Checks	877	0%
Employee Benefits - Health Exclude Owners	0	0%
Workers Compensation	1,220	0%
Personnel Expenses, Total	\$31,317	11%
G&A Expenses		
Credit Card Processing Fees	4,499	2%
Accounting & Professional Fees	2,754	1%
Liability Insurance	2,284	1%
Software Licenses	1,099	0%
Office Supplies	896	0%
Other G&A Expenses	3,130	1%
G&A Expenses, Total	\$14,662	5%
Operating Expenses, Total	\$52,568	19%
Net Operating Income	\$95,087	34%
Royalties	27,541	10%
NAF	2,849	1%
TECH	2,229	1%
Net Income After Royalties	\$62,469	22%

Table 1B: The following is a consolidated Profit and Loss Statement, which shows averages for all reporting Multi-unit franchise outlets.

Multi-Entity Owners		
# of Owners	8	
BUSINESS NAME		
OWNER NAME		
Average Income Statement	Total	% of Revenue
Revenue		
Operating Revenue	522,881	99%
Other Revenue	7,135	1%
Revenue, Total	\$530,016	100%
Direct Expenses		
Coaching Payroll	170,005	32%
Payroll Taxes - Coaching	26,920	5%
Equipment & Apparel	11,399	2%
Location Rent/Fees	55,957	11%
Direct Expenses (COGS)	\$264,282	50%
Gross Profit	\$265,734	50%
Marketing	12,149	2%
Personnel Expenses		
Admin Salaries (exclude owners)	37,889	7%
Admin Salaries - Payroll Taxes & Fees	9,263	2%
Recruitment/Background Checks	760	0%
Employee Benefits - Health Exclude Owners	0	0%
Workers Compensation	2,415	0%
Personnel Expenses, Total	\$50,327	9%
G&A Expenses		
Credit Card Processing Fees	7,965	2%
Accounting & Professional Fees	5,256	1%
Liability Insurance	4,727	1%
Software licenses	1,364	0%
Office Supplies	1,342	0%
Other G&A Expenses	5,980	1%
G&A Expenses, Total	\$26,634	5%
Operating Expenses, Total	\$89,110	17%
Net Operating Income	\$176,625	33%
Royalties	50,084	9%
NAF	2,413	0%
TECH	2,959	1%
Net Income After Royalties	\$121,169	23%

Table 1C: The following is a consolidated Profit and Loss Statement, which shows averages for all reporting single-unit franchise outlets.

1 Entity Owners		
# of Owners	15	
BUSINESS NAME		
OWNER NAME		
Average Income Statement	Total	% of Revenue
Revenue		
Operating Revenue	148,797	100%
Other Revenue	59	0%
Revenue, Total	\$148,856	100%
Direct Expenses		
Coaching Payroll	45,679	31%
Payroll Taxes - Coaching	4,773	3%
Equipment & Apparel	4,102	3%
Location Rent/Fees	9,622	6%
Direct Expenses (COGS)	\$64,175	43%
Gross Profit	\$84,680	57%
Marketing	3,624	2%
Personnel Expenses		
Admin Salaries (exclude owners)	16,644	11%
Admin Salaries - Payroll Taxes & Fees	3,012	2%
Recruitment/Background Checks	940	1%
Employee Benefits - Health Exclude Owners	0	0%
Workers Compensation	583	0%
Personnel Expenses, Total	\$21,179	14%
G&A Expenses		
Credit Card Processing Fees	2,651	2%
Accounting & Professional Fees	1,419	1%
Liability Insurance	982	1%
Software licenses	957	1%
Office Supplies	658	0%
Other G&A Expenses	1,610	1%
G&A Expenses, Total	\$8,277	6%
Operating Expenses, Total	\$33,080	22%
Net Operating Income	\$51,601	35%
Royalties	15,518	10%
NAF	3,081	2%
TECH	1,839	1%
Net Income After Royalties	\$31,162	21%

Table 2: SUMMARY OF GROSS REVENUE, GROSS PROFIT, AND NET INCOME AFTER ROYALTIES FOR ALL FRANCHISE OWNERS FOR 2025

	Average	Number of Franchisees who Exceeded the Average	Number of Franchisees who did not Exceed the Average	Median	Number of Franchisees who Exceeded the Median	Number of Franchisees who did not Exceed the Median	High	Low
Gross Revenue	\$281,433	7 (30% of Franchisees)	16 (70% of Franchisees)	\$183,106	11 (50% of Franchisees)	11 (50% of Franchisees)	\$1,039,707	\$53,760
Gross Profit	\$147,656	10 (43% of Franchisees)	13 (57% of Franchisees)	\$103,831	11 (50% of Franchisees)	11 (50% of Franchisees)	\$478,437	\$18,798
Net Income After Royalties	\$62,469	12 (52% of Franchisees)	11 (48% of Franchisees)	\$66,472	11 (50% of Franchisees)	11 (50% of Franchisees)	\$172,158	\$(50,032)

Note to Table 2:

The data shown in Table 2 above reflects Gross Revenue, Gross Profit, and Net Income After Royalties on a per owner basis, not a per unit basis. Some owners own and operate multiple units.

TABLE 3: AVERAGE & MEDIAN GROSS REVENUES BY FRANCHISE OWNERS FOR 2025

Category of Franchisees	Total Number of Franchisees in Category	Average Gross Revenues	Number of Franchisees Who Exceeded the Average	Number of Franchisees Who Did Not Exceed the Average	Median Gross Revenues	Number of Franchisees Who Exceeded the Median	Number of Franchisees Who Did Not Exceed the Median
Top 25%	6	\$631,075	2 (33% of Franchisees)	4 (67% of Franchisees)	\$589,046	3 (50% of Franchisees)	3 (50% of Franchisees)
Top 50%	12	\$443,487	4 (33% of Franchisees)	8 (67% of Franchisees)	\$377,246	6 (50% of Franchisees)	6 (50% of Franchisees)
Middle 50%	11	\$202,971	5 (45% of Franchisees)	6 (55% of Franchisees)	\$183,106	5 (45% of Franchisees)	5 (45% of Franchisees)
Bottom 50%	11	\$104,647	4 (36% of Franchisees)	7 (64% of Franchisees)	\$94,408	5 (45% of Franchisees)	5 (45% of Franchisees)
Bottom 25%	6	\$75,638	3 (50% of Franchisees)	3 (50% of Franchisees)	\$77,345	3 (50% of Franchisees)	3 (50% of Franchisees)

Notes to Table 3

1. Of the Top 25%, zero (0) owners own one (1) unit; three (3) owners own two (2) units, two (2) owners own three (3) units, one (1) owner owns four (4) units, and zero (0) owners own five (5) units. The states in which the Top 25% have their locations are as follows: CA, MI, MN, NJ/NY, VA/DC, WA. Of the Top 25%, five (5) owners have been in the system for five (5) years or more and one (1) owner has been in the system for less than five (5) years. Of the Top 25%, fourteen (14) units have been open five (5) years or more and two (2) units have been open for less than five (5) years.

2. Of the Top 50%, three (3) owners own one (1) unit; four (4) owners own two (2) units, four (4) owners own three (3) units, one (1) owner owns four (4) units, and zero (0) owners own five (5) units. The states in which the Top 50% have their locations are as follows: AZ, CA, FL, GA, MI, MN, NJ, NJ/NY, TX, VA/DC, WA. Of the Top 50%, ten (10) owners have been in the system for five (5) years or more and two (2) owners have been in the system for less than five (5) years. Of the Top 50%, twenty-four (24) units have been open five (5) years or more and three (3) units have been open for less than five (5) years.

3. Of the Middle 50%, eight (8) owners own one (1) unit; one (1) owner owns two (2) units, two (2) owners own three (3) units, zero (0) owners own four (4) units, and zero (0) owners own five (5) units. The states in which the Middle 50% have their locations are as follows: AZ, CA, FL, GA, MD, NJ, NY, TX. Of the Middle 50%, five (5) owners have been in the system for five (5) years or more and six (6) owners have been in the system for less than five (5) years. Of the Middle 50%, ten (10) units have been open five (5) years or more and six (6) units have been open for less than five (5) years.

4. Of the Bottom 50%, eleven (11) owners own one (1) unit; zero (0) owners own two (2) units, zero (0) owners own three (3) units, zero (0) owners own four (4) units, and zero (0) owners own five (5) units. The states in which the Bottom 50% have their locations are as follows: AZ, CA, FL, KS, MD, NJ, NY, TX. Of the Bottom 50%, two (2) owners have been in the system for five (5) years or more and nine (9) owners have been in the system for less than five (5) years. Of the Bottom 50%, two (2) units have been open five (5) years or more and nine (9) units have been open for less than five (5) years.

5. Of the Bottom 25%, six (6) owners own one (1) unit; zero (0) owners own two (2) units, zero (0) owners own three (3) units, zero (0) owners own four (4) units, and zero (0) owners own five (5) units. The states in which the Bottom 25% have their locations are as follows: AZ, CA, KS, NJ, TX. Of the Bottom 25%, two (2) owners have been in the system for five (5) years or more and four (4) owners have been in the system for less than five (5) years. Of the Bottom 25%, two (2) units have been open five (5) years or more and four (4) units have been open for less than five (5) years.

TABLE 4: AVERAGE & MEDIAN GROSS PROFITS BY FRANCHISE OWNERS FOR 2025

Category of Franchisees	Total Number of Franchisees in Category	Average Gross Profits	Number of Franchisees Who Exceeded the Average	Number of Franchisees Who Did Not Exceed the Average	Median Gross Profits	Number of Franchisees Who Exceeded the Median	Number of Franchisees Who Did Not Exceed the Median
Top 25%	6	\$321,143	3 (50% of Franchisees)	3 (50% of Franchisees)	\$316,210	3 (50% of Franchisees)	3 (50% of Franchisees)
Top 50%	12	\$235,043	5 (42% of Franchisees)	7 (58% of Franchisees)	\$180,650	6 (50% of Franchisees)	6 (50% of Franchisees)
Middle 50%	11	\$112,961	5 (45% of Franchisees)	6 (55% of Franchisees)	\$103,831	5 (45% of Franchisees)	5 (45% of Franchisees)
Bottom 50%	11	\$52,324	3 (27% of Franchisees)	8 (73% of Franchisees)	\$47,952	5 (45% of Franchisees)	5 (45% of Franchisees)
Bottom 25%	6	\$37,774	3 (50% of Franchisees)	3 (50% of Franchisees)	\$39,805	3 (50% of Franchisees)	3 (50% of Franchisees)

Notes Table 4:

1. Of the Top 25%, zero (0) owners own one (1) unit; three (3) owners own two (2) units, two (2) owners own three (3) units, one (1) owner own four (4) units, and zero (0) owners own five (5) units. The states in which the Top 25% have their locations are as follows: AZ, CA, MI, MN, NJ/NY, VA/DC. Of the Top 25%, five (5) owners have been in the system for five (5) years or more and one (1) have been in the system for less than five (5) years. Of the Top 25%, fourteen (14) units have been open five (5) years or more and two (2) have been open for less than five (5) years.
2. Of the Top 50%, three (3) owners own one (1) unit; four (4) owners own two (2) units, four (4) owners own three (3) units, one (1) owner own four (4) units, and zero (0) owners own five (5) units. The states in which the Top 50% have their locations are as follows: AZ, CA, FL, GA, MI, MN, NJ, NJ/NY, TX, VA/DC, WA. Of the Top 50%, ten (10) owners have been in the system for five (5) years or more and two (2) have been in the system for less than five (5) years. Of the Top 50%, twenty-four (24) units have been open five (5) years or more and three (3) have been open for less than five (5) years.
3. Of the Middle 50%, eight (8) owners own one (1) unit; one (1) owner own two (2) units, two (2) owners own three (3) units, zero (0) owners own four (4) units, and zero (0) owners own five (5) units. The states in which the Middle 50% have their locations are as follows: CA, FL, GA, MD, NJ, NY, TX, WA. Of the Middle 50%, five (5) owners have been in the system for five (5) years or more and six (6) have been in the system for less than five (5) years. Of the Middle 50%, ten (10) units have been open five (5) years or more and six (6) have been open for less than five (5) years.
4. Of the Bottom 50%, eleven (11) owners own one (1) unit; zero (0) owners own two (2) units, zero (0) owners own three (3) units, zero (0) owners own four (4) units, and zero (0) owners own five (5) units. The states in which the Bottom 50% have their locations are as follows: AZ, CA, FL, KS, MD, NJ, NY, TX. Of the Bottom 50%, two (2) owners have been in the system for five (5) years or more and nine (9)

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TABLE 5: AVERAGE & MEDIAN NET INCOME AFTER ROYALTIES BY FRANCHISE OWNERS FOR 2025

Category of Franchisees	Total Number of Franchisees in Category	Average Net Income After Royalties	Number of Franchisees Who Exceeded the Average	Number of Franchisees Who Did Not Exceed the Average	Median Net Income After Royalties	Number of Franchisees Who Exceeded the Median	Number of Franchisees Who Did Not Exceed the Median
Top 25%	6	\$139,797	3 (50% of Franchisees)	3 (50% of Franchisees)	\$138,373	3 (50% of Franchisees)	3 (50% of Franchisees)
Top 50%	12	\$110,696	5 (42% of Franchisees)	7 (58% of Franchisees)	\$102,893	6 (50% of Franchisees)	6 (50% of Franchisees)
Middle 50%	11	\$57,628	6 (55% of Franchisees)	5 (45% of Franchisees)	\$66,472	5 (45% of Franchisees)	5 (45% of Franchisees)
Bottom 50%	11	\$9,858	6 (55% of Franchisees)	5 (45% of Franchisees)	\$19,089	5 (45% of Franchisees)	5 (45% of Franchisees)
Bottom 25%	6	\$(5,984)	3 (50% of Franchisees)	3 (50% of Franchisees)	\$630	3 (50% of Franchisees)	3 (50% of Franchisees)

Notes Table 5:

- Of the Top 25%, zero (0) owners own one (1) unit; three (3) owners own two (2) units, two (2) owners own three (3) units, one (1) owner own four (4) units, and zero (0) owners own five (5) units. The states in which the Top 25% have their locations are as follows: AZ, MI, MN, NJ/NY, VA/DC. Of the Top 25%, five (5) owners have been in the system for five (5) years or more and one (1) have been in the system for less than five (5) years. Of the Top 25%, fourteen (14) units have been open five (5) years or more and two (2) have been open for less than five (5) years.
- Of the Top 50%, three (3) owners own one (1) unit; four (4) owners own two (2) units, four (4) owners own three (3) units, one (1) owner own four (4) units, and zero (0) owners own five (5) units. The states in which the Top 50% have their locations are as follows: AZ, CA, FL, GA, MI, MN, NJ, NJ/NY, TX, VA/DC, WA. Of the Top 50%, ten (10) owners have been in the system for five (5) years or more and two (2) have been in the system for less than five (5) years. Of the Top 50%, twenty-four (24) units have been open five (5) years or more and three (3) have been open for less than five (5) years.

3. Of the Middle 50%, eight (8) owners own one (1) unit; one (1) owner own two (2) units, two (2) owners own three (3) units, zero (0) owners own four (4) units, and zero (0) owners own five (5) units. The states in which the Middle 50% have their locations are as follows: CA, FL, GA, MD, NJ, TX, WA. Of the Middle 50%, five (5) owners have been in the system for five (5) years or more and six (6) have been in the system for less than five (5) years. Of the Middle 50%, ten (10) units have been open five (5) years or more and six (6) have been open for less than five (5) years.
4. Of the Bottom 50%, eleven (11) owners own one (1) unit; zero (0) owners own two (2) units, zero (0) owners own three (3) units, zero (0) owners own four (4) units, and zero (0) owners own five (5) units. The states in which the Bottom 50% have their locations are as follows: AZ, CA, FL, KS, MD, NJ, TX. Of the Bottom 50%, two (2) owners have been in the system for five (5) years or more and nine (9) have been in the system for less than five (5) years. Of the Bottom 50%, two (2) units have been open five (5) years or more and nine (9) have been open for less than five (5) years.
5. Of the Bottom 25%, six (6) owners own one (1) unit; zero (0) owners own two (2) units, zero (0) owners own three (3) units, zero (0) owners own four (4) units, and zero (0) owners own five (5) units. The states in which the Bottom 25% have their locations are as follows: AZ, CA, KS, MD, NJ. Of the Bottom 25%, two (2) owners have been in the system for five (5) years or more and four (4) have been in the system for less than five (5) years. Of the Bottom 25%, two (2) units have been open five (5) years or more and four (4) units have been open for less than five (5) years.

Table 6: AVERAGE & MEDIAN GROSS REVENUES BY FRANCHISE OWNERS WITH MULTIPLE UNITS FOR 2025

Category of Franchisees	Total Number of Franchisees in Category	Average Gross Revenues	Number of Franchisees Who Exceeded the Average	Number of Franchisees Who Did Not Exceed the Average	Median Gross Revenues	Number of Franchisees Who Exceeded the Median	Number of Franchisees Who Did Not Exceed the Median
Top 25%	2	\$900,764	1 (50% of Franchisees)	1 (50% of Franchisees)	\$900,764	1 (50% of Franchisees)	1 (50% of Franchisees)
Top 50%	4	\$744,905	2 (50% of Franchisees)	2 (50% of Franchisees)	\$689,777	2 (50% of Franchisees)	2 (50% of Franchisees)
Middle 50%	4	\$483,146	2 (50% of Franchisees)	2 (50% of Franchisees)	\$476,243	2 (50% of Franchisees)	2 (50% of Franchisees)
Bottom 50%	4	\$315,127	2 (50% of Franchisees)	2 (50% of Franchisees)	\$319,484	2 (50% of Franchisees)	2 (50% of Franchisees)
Bottom 25%	2	\$253,009	1 (50% of Franchisees)	1 (50% of Franchisees)	\$253,009	1 (50% of Franchisees)	1 (50% of Franchisees)

Notes for Table 6

1. The states in which the Top 25% have their locations are as follows: NJ/NY, MI. Of the Top 25%, two (2) owners have been in the system for five (5) years or more and zero (0) have been in the system for less than five