

FRANCHISE DISCLOSURE DOCUMENT

Total Woman Franchising, Inc
a Delaware corporation

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Department of
Business Oversight

TOTAL WOMAN® GYM + SPA

Total Woman Franchising, Inc (“Total Woman Gym+Spa”) franchisees will operate a s combined gym and day spa operating under the name “Total Woman Gym+Spa ” hereinafter referred to as TOTAL WOMAN Gym + Spa, and / or TOTAL WOMAN, and / or Franchise Location, and / or Location, and or Gym+Spa

We offer two franchise options

1 A Single Franchise Location The franchise is to develop and operate a membership-based, upscale, full-service, combined gym and spa primarily for women focusing on health, fitness and wellness services with accommodations for childcare , The total estimated investment necessary to begin operation of a TOTAL WOMAN Gym+Spa franchise ranges from \$860,500 to \$1,483,000,500 This includes \$30,000 as an initial franchise fee to be paid to us upon signing your franchise agreement

2 Multiple Franchise Locations We offer an Area Development Agreement (“ADA”) that requires you to develop more than one Location within a defined geographical area The total estimated investment necessary to begin operation of a franchised location under an ADA includes a development fee equal to \$10,000 times the number of franchise locations you commit to open under the ADA This fee is payable upon signing the ADA For each franchise location that you develop and open on schedule we credit you \$10,000 towards the initial franchise fee for that Franchise Location The estimated investment necessary to begin operation of each franchise location is \$860,500 to \$1,483,000,500 For each franchise location, this includes \$30,000 to be paid to us as the initial franchise fee for that facility (less the \$10,000 credit, if applicable)

This Disclosure Document summarizes certain provisions of your franchise agreement and other information Read this Disclosure Document and all accompanying agreements carefully You must receive this Disclosure Document at least 14 calendar days before you sign a binding agreement with, or make any payment to, the

franchisor or an affiliate in connection with the proposed franchise sale **Note, however, that no governmental agency has verified information contained in this document**

You may wish to receive your Disclosure Document in another format that is more convenient for you To discuss the availability of disclosures in different formats, contact Jennifer Evans, at 10805 Rancho Bernardo Road, Suite 120, San Diego, CA, 02127, Telephone , Email jevans@totalwomanspa.com

The terms of your contract will govern your franchise relationship Do not rely on the Disclosure Document alone to understand your contract Read your contract carefully, including all attachments and exhibits Show your contract and this Disclosure Document to an advisor, like a lawyer or an accountant

Buying a franchise is a complex investment The information in this Disclosure Document can help you make up your mind More information on franchising, such as "A Consumer's Guide to Buying a Franchise," which can help you understand how to use this disclosure document, is available from the Federal Trade Commission You can contact the FTC at 1-877-FTC-HELP or by writing to the FTC at 600 Pennsylvania Avenue, NW, Washington, D C 20580 You can also visit the FTC's home page at www.ftc.gov for additional information Call your state agency or visit your public library for other sources of information on franchising

There may also be laws on franchising in your state Ask your state agencies about them

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STATE COVER PAGE

Your state may have a franchise law that requires a franchisor to register or file with a state franchise administrator before offering or selling in your state **REGISTRATION OF A FRANCHISE BY A STATE DOES NOT MEAN THAT THE STATE RECOMMENDS THE FRANCHISE OR HAS VERIFIED THE INFORMATION IN THIS DISCLOSURE DOCUMENT**

Call the state franchise administrator listed in **Exhibit A** for information about the franchisor or about franchising in your state

MANY FRANCHISE AGREEMENTS DO NOT ALLOW YOU TO RENEW UNCONDITIONALLY AFTER THE INITIAL TERM EXPIRES YOU MAY HAVE TO SIGN A NEW AGREEMENT WITH DIFFERENT TERMS AND CONDITIONS IN ORDER TO CONTINUE TO OPERATE YOUR BUSINESS BEFORE YOU BUY, CONSIDER WHAT RIGHTS YOU HAVE TO RENEW YOUR FRANCHISE, IF ANY, AND WHAT TERMS YOU MIGHT HAVE TO ACCEPT IN ORDER TO RENEW

Please consider the following **RISK FACTORS** before you buy this franchise

- 1 THE FRANCHISE AGREEMENT REQUIRES ANY AND ALL DISPUTES TO BE RESOLVED FIRST THROUGH MEDIATION IN SAN DIEGO COUNTY, CALIFORNIA AND, IF MEDIATION FAILS, BINDING ARBITRATION THE ARBITRATION WILL ALSO OCCUR IN SAN DIEGO COUNTY, CALIFORNIA, WITH THE COSTS OF MEDIATION AND ARBITRATION BEING BORNE EQUALLY BY THE DISPUTING PARTIES
- 2 THE FRANCHISE AGREEMENT STATES THAT, EXCEPT FOR TRADEMARK AND ARBITRATION ISSUES (WHICH ARE GOVERNED BY FEDERAL LAW), CALIFORNIA LAW GOVERNS THE AGREEMENT, AND THIS LAW MAY NOT PROVIDE THE SAME PROTECTIONS AND BENEFITS AS YOUR LOCAL LAW YOU MAY WANT TO COMPARE THESE LAWS
- 3 THERE MIGHT BE CERTAIN STATE LAWS OR LOCAL REGULATIONS THAT YOU MUST FOLLOW REGARDING BUSINESSES OFFERING HEALTH CLUB MEMBERSHIPS, THERAPEUTIC MASSAGE SERVICES, AESTHETICIANS, BODY WAXING, OR SERVICES TO OR FOR MINORS
- 4 THE FRANCHISEE WILL BE REQUIRED TO MAKE AN ESTIMATED INITIAL INVESTMENT RANGING FROM \$8600, 500 TO \$1,483,500 THIS

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