

You want to save a bundle of cash? Check out our "Bundle" specials:

Monthly Membership

Initial Onboarding Program includes 4 FREE Group Fitness Classes, Equipment orientation, Wellness Assessment, Exercise and Nutrition Log, Healthy Family Recipe E-Book, and Personal Coaching to help guide new members along their path to LONG TERM health, fitness, and performance success.

Gym Membership with 24 hour access.
Fee \$40 Per Month (\$35 with Auto Pay)

"Commit To Get Fit Bundle" Includes:

All of the initial Onboarding Program services described above.
Any ONE Group Fitness 8 Week Program
Gym Membership with 24 Hour Access
Fee \$65 Per Month WITH AUTO PAY

"Commit and Conquer Bundle" Includes:

All of the initial Onboarding Program services described above.
Any TWO Group Fitness 8 Week Programs
Gym Membership with 24 Hour Access
BONUS: Members may "Hop" to any other group fitness program with an open spot!!
Fee \$100 Per Month WITH AUTO PAY



Gym Membership Fee Options

One Month...\$40 (**\$35 with Auto-Pay**)

6 Months.....\$229

1 Year...\$399 (**\$35 per month with Auto-Pay**)

*A \$20 deposit per key fob is required. This will be refunded should you discontinue your membership and return your key fob.

All memberships include 24 Hour Gym Access!!

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Power-Up

Get Into The Zone!



Unlock Your Potential

Save a "Bundle" with our Group Fitness and Gym Membership Bundle Programs!!





Welcome!

You've made the decision to increase your fitness, and we're here to help you along. We warmly welcome you to our facility and our expert staff and trainers would love to discuss your goals and how we can help you meet them.

Integration for Destination

Most group fitness and personal training programs include our "Integration for Destination" (ID) programs that includes the 3 elements necessary for long-term success: Exercise, Nutrition and Behavioral Modification Strategies:

- Fitness Assessments to establish base-line measurements.
- SMART Chart programming for Goal Attainment
- Exercise and Nutrition Tracking Logs
- Weekly Summary and Self-Reflection Log to assist with accountability. You may also meet with YOUR Exercise Physiologist who would be happy to re-view this log with you to discuss any concerns, questions, guidance, etc. In short, we are with you every step of the way.
- Nutrition manual includes shopping list!
- And so much more!!!!

Personal Training Fees

Personal Training Session.....	\$30
Medical Exercise Session.....	\$30
Sports Performance Session.....	\$30
Fitness Assessment.....	\$35
Medical Exercise Assessment.....	\$35
Sports Performance Assessment.....	\$35

Personal Training Programs

***Includes Pre-Training and Post-Training Assessments and 8 one on one sessions.**

Optimum Personal Fitness Training (OPFT) Program.....	\$250
Optimum Sports Performance Training (OSPT) Program.....	\$250
Medical Exercise Program.....	\$250

Gym Membership Options on Back

Group Fitness Fees

Small Group Personal Training

***5-10 participants total**

(MTF, PF, Strong, etc)

\$75 per 8 Week Block

Specialty Group Fitness Training

- Spinning (Does Not Include "ID")
\$7 per class or \$70 for 11 classes
- "FIT For Life" Senior Group Fitness
\$40 per 8 Week Block
- Tabata Boot Camp
*Meets 2 times per week
\$90 per 8 Week Block
- Trifecta
*3 Classes at 1.5 Hours Total Length
\$100 per 8 Week Block

Your safety is our top priority!

- All Personal Training Providers hold at least a Bachelor of Science Degree, specialty certifications , at least 10 years of training experience and are CPR/AED and First Aid Certified.
- All Group Fitness Coaches hold specialty certifications and are CPR/AED and First Aid certified.



Over 25 years of experience * Superior Training * Optimum results