

## SAVE A BUNDLE WITH OUR GYM MEMBERSHIP PLUS GROUP FITNESS BUNDLE OPTIONS

### *Commit To Get Fit Bundle Includes:*

- All of the initial Onboarding Program services that are provided with your gym membership.
- 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 that are provided with your gym membership.
- 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

### *"FIT For Life" Senior Fitness Bundle Includes:*

- All of the initial Onboarding Program services that are provided with your gym membership.
- Gym Membership with 24 Hour Access
- Both Monday and Wednesday FIT For Life Senior Fitness Classes
- Fee \$65 Per Month WITH AUTO PAY

## POWER-UP! SERVICES MENU



The area's **LEADING AUTHORITY** in Medically-Based Health, Fitness and Performance Training.

### **The Power-Up Satisfaction Guarantee or 100% Money Back**

We are so confident that you will be completely satisfied with your membership and our customer service that if at any time within the first 14 days of your membership you become unhappy with any aspect of your membership you may cancel and receive a full refund.

## GYM MEMBERSHIP OPTIONS

Please note a \$20 Deposit Fee For Each Key Fob Provided (\$20 will be returned should you cancel your membership and return the key fob)

\*Members under the age of 18 must be accompanied by an adult (minimum age limit of 14).

Day Pass.....\$10

Month To Month Gym Membership.....\$40  
**(\$35/Month with Automatic Withdraw)**

6 Month Membership.....\$229

One Year Gym Membership .....\$399/Year\*

\*We can only place memberships on “hold” for medical and/or family emergencies. For those of you who prefer to take particular months off from the gym during the year (i.e. summer) you may want to consider the “Month To Month” option.

- **Initial Onboarding Program includes 4 FREE Group Fitness Classes, Equipment Orientation, Health and Fitness Education Resources, “My Fitness Journey” Exercise Programming, and Personal Coaching to help guide new members along their path to LONG TERM health, fitness, and performance success.**

## GROUP FITNESS CLASSES

\*All of our group fitness classes are provided in 8-Week Blocks with the exception of Spinning.

Tabata Boot Camp.....\$75

Muay Thai Fitness.....\$75

Optimum Fitness Progressions.....\$75

The MAC.....\$75

TRX.....\$75

Spin.....\$7/Class or \$70 for 11 Classes

FIT For Life **Senior Fitness Class**...\$40/Monday Block and \$40/Wednesday Block

### Medical Exercise Training (MET) Services

Pre-MET Assessment.....\$45

Personal MET Training .....\$40/session  
(Approximately 45-60 minute sessions)

Post-MET Assessment.....\$45

MET Programs.....\$350  
(Includes Pre and Post MET Assessment and 8 Medical Exercise Personal Training Sessions)