



## MONTHLY MEMBERSHIPS

SILVER PACKAGE \$59.00	GOLD PACKAGE \$89.00	PLATINUM PACKAGE \$159.00
<ul style="list-style-type: none"> <li>- Free Fitness Assessment</li> <li>- Free Wifi</li> <li>- Open Access To Both Locations</li> </ul>	<ul style="list-style-type: none"> <li>- Free Personalized Plan</li> <li>- Free Wifi</li> <li>- Open Access To Both Locations</li> <li>- 4 Classes Per Month</li> </ul>	<ul style="list-style-type: none"> <li>- Free Personalized Plan</li> <li>- Free Wifi</li> <li>- Open Access To Both Locations</li> <li>- Unlimited Classes Per Month</li> <li>- 1 Small Group Training Each Month</li> </ul>

\*\* Memberships for a term of 12 months. 6 month memberships are available for \$10 extra per month

\*\* Additional classes can be added to any membership for \$15 extra per class

## PERSONAL TRAINING

	SMALL GROUP (4 ON 1)	BUDDY (2 ON 1)	PRIVATE (1 ON 1)
<b>A LA CART</b>			
1 session	\$45.00	\$110.00	\$90.00
<b>3 MOTNH PLAN</b>			
2 sessions per month	\$79.00	\$149.00	\$129.00
4 sessions per month	\$139.00	\$279.00	\$239.00
8 sessions per month	\$209.00	\$529.00	\$399.00
16 sessions per month	\$399.00	\$999.00	\$769.00
<b>6 MOTNH PLAN</b>			
2 sessions per month	\$69.00	\$139.00	\$119.00
4 sessions per month	\$129.00	\$269.00	\$229.00
8 sessions per month	\$199.00	\$519.00	\$389.00
16 sessions per month	\$389.00	\$989.00	\$759.00

## 3 MOTH TRAINING CHALLENGE

SOLO WEIGHT LOSS	BUDDY WEIGHT LOSS	BASIC BUDDY BUILDING	ADVANCED BODY BUILDING
<b>A LA CART</b>			
Embark on a 3 month journey to start losing weight and gaining freedom!	Everything's better with a friend! Bring a friend along and grow stronger together! (Admits 2)	Build definition and power in a 3 month Body Building Program.	AddMo Burn! Tone your perfect body in this 3 month intensive program.
<ul style="list-style-type: none"> <li>• Unlimited Classes</li> <li>• 8 Small Group Training Sessions</li> <li>• Nutritional Support</li> </ul>	<ul style="list-style-type: none"> <li>• Unlimited Classes</li> <li>• 8 BuddyTraining Sessions</li> <li>• Nutritional Support</li> </ul>	<ul style="list-style-type: none"> <li>• 8 BuddyTraining Sessions</li> <li>• Nutritional Support</li> </ul>	<ul style="list-style-type: none"> <li>• 8 Small Group Training Sessions</li> <li>• Nutritional Support</li> </ul>
\$469.00 In Full OR \$175.00 Per Month	\$899.00 In Full (\$449 per person) OR \$339.00 Per Month (119.00 per person)	\$449.00 In Full OR \$169.00 Per Month	\$899.00 In Full OR \$399.00 Per Month

## MASSAGE THERAPY

	ADDO HEALING	DEEP TISSUE	MUSCLE RECOVERY	MONIFA RESTORATIVE
1 Session	60 Minutes - \$99.00	30 Minutes - \$55.00	30 Minutes - \$55.00	30 Minutes - \$55.00 60 Minutes - \$75.00
4 Sessions	60 Minutes - \$359.00	30 Minutes - \$199.00	30 Minutes - \$199.00	30 Minutes - \$199.00 60 Minutes - \$259.00
8 Sessions	60 Minutes - \$649.00	30 Minutes - \$359.00	30 Minutes - \$359.00	30 Minutes - \$359.00 60 Minutes - \$459.00