



PERSONAL TRAINING, PILATES & YOGA

Monthly Programs

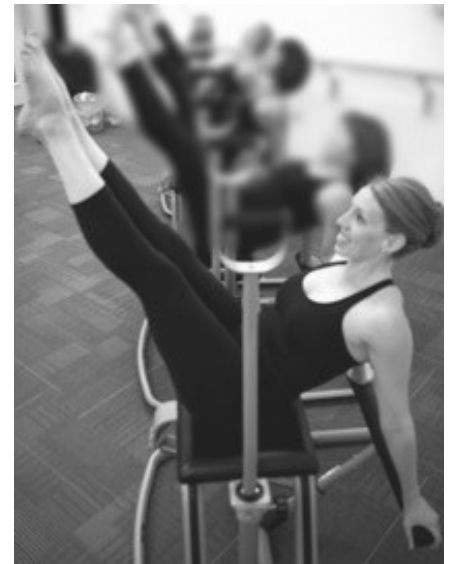


Personal Training

Get motivation and professional guidance from our certified personal training staff. Whether you have been working out for years or are new to exercise, our trainers provide inspiration and expert instruction to help you achieve your personal goals and see results faster.

Pilates Reformer

Pilates is a form of strength, flexibility, and stability training for participants at any fitness level. This highly effective, no impact exercise method, focuses on core muscles which provide support and power the entire body. Pilates will chisel and lengthen the body, while developing muscle control and improving flexibility.



Private Yoga

Personal Yoga Sessions are the best way to work towards your goals and learn how to be safe and challenged in every yoga pose and every yoga class. Whether you are looking to learn the basics, deepen your practice, work with an injury or condition, or just have more hands on assistance - we are here to guide you on your yoga path and help you transform on and off the yoga mat.

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TRANSFORMATION	RESULTS	FOUNDATION
<p>Visible & physical changes</p> <p>Substantial body fat loss</p> <p>Serious strength gains</p> <p>Lower risk of health problems</p> <p>Healthy lifestyle change & winning habits</p>	<p>Increased confidence</p> <p>Decrease body fat / increase lean muscle</p> <p>Loss / gain of inches (depending on goal)</p> <p>Increase mobility & flexibility</p> <p>Implementation & awareness of lifestyle changes to get results</p>	<p>Goal setting</p> <p>Injury prevention</p> <p>Education</p> <p>Accountability</p> <p>Improve strength, endurance & energy</p> <p>Decrease muscular & postural imbalances</p>
<p>3 Sessions per week</p>	<p>2 Sessions per week</p>	<p>1 Session per week</p>
<p>\$480 per month (\$40)</p>	<p>\$320 per month (\$40)</p>	<p>\$160 per month (\$40)</p>

- Monthly programs are processed through our auto-pay system using a credit card or checking account. The program chosen will continue on a month to month basis until member gives a 15-day written notice.
- Prices are based on 30 minutes of personal training. It is recommended that you arrive 15 minutes prior to your session for an adequate warm up and finish with a 15 minute cool down thereafter.
- Unused training sessions roll over & are available for use 6 months from purchase date as long as you have a valid membership.
- Non-Members & non-auto pay add \$10 per session.