

## Semi Private Membership

### Benefits:

- **One (1) fitness coaching session a week (4/month) working on your specific needs and goals**
- **Receive personal Functional Movement Screening from professional coaching staff**
- **Individualized program design written specifically for you (changed every 4-6 weeks)**
- PLUS all the benefits of the Small group...
- Unlimited use of the facility anytime during our business hours along with a copy of your specific program
- Unlimited access to our high energy small group fitness coaching sessions
  - Total Body, Metabolic, Regenerative
  - TRX and Kettlebell in 2011
- Limited class size for personal attention (12-15)
- **Renew your membership each year prior to your member anniversary date and we will NEVER increase your rate, EVER!**
- Beginning in February, No cash or checks; camp registration debited each month from your credit card through Electronic Funds Transfer (EFT) for your convenience
- Co-Ed environment
- FREE gift with membership
- Multiple sessions offered each day for maximum variety
- Sessions run Monday through Saturday (M-W-F 6:45 am & 8:45 am; M-Th noon & 6:00 pm; Sat 8:30 am & 10:00 am)
- Scientifically designed small group fitness program that allows us to guarantee results and created to...
  - Boost your metabolism
  - Decrease injuries
  - Increase your strength and functional movement better with your daily activities
  - Extreme motivation by your small group coaching staff
- Nutrition Guidance
- Fun, Effective, Motivating programming that changes EACH MONTH

### Pricing:

#### 3-Month Membership:

2011 - \$409/month (beginning in February, EFT for your convenience)

#### 12-Month Membership

2011 - \$399/month (beginning in February, EFT for your convenience)

Achieve Personal Fitness, Inc. is building one of the best “results-oriented” hybrid fitness facilities in the state. We are gathering, training and creating a top-notch coaching and administrative team, second to none. We’re proud of what we do and feel that if we’re given a chance you’ll want to do business with us. We’ve been servicing clients in this community for a number of years through boot camp training and are proud to be a family-owned and locally operated business. We are also one of the more expensive fitness facilities in town (but not THE most expensive). This is by choice. Poor service, poor staff and poor member results are all part of being a cheaply priced facility. To our way of doing business, you can’t be the best and the cheapest at the same time.

**Need more sessions?**

Add more sessions on any of the above memberships. You can purchase additional fitness coaching sessions at 4 sessions for \$120.