

Small Group Membership

Benefits:

- 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!**
- 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)
- Two membership options: 3 and 12-month
- 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 Unlimited:

2011 - \$249/month (EFT for your convenience, beginning in February 2011)

12-Month Membership Unlimited:

2011 - \$219/month (EFT for your convenience, beginning in February 2011)