

STRENGTH AND POWER MEMBERSHIP

\$100/mo, 3-scheduled workouts weekly, full gym access [FOB, if needed] included

Target Group: Individuals with intermediate to advanced gym experience in good physical condition ready for the demands of full body weightlifting routines, explosive bodyweight and Olympic style exercises. For time-crunched people who want to get out of the gym quickly without sacrificing their fitness goals.

What to expect: Goals of weekly workouts vary in composition and volume. Progression of workouts will follow 3-4 week cycles, for example; body prep, hypertrophy, mixed strength and power, heavier lifting, bodyweight circuits, unloading phases, high intensity cardio, partner, group etc. Expect to work hard but not to exhaustion every time. Workouts begin with prehab warm-up and end with a quick stretch/cool-down. You will be instructed in proper exercise form. Your general gym membership allows you to add additional exercise between scheduled workouts.

What to bring: Clean shoes, water bottle [as we won't have lots of time to visit the water fountain] and training notebook. Workout instructions will be handed out but you will need to keep track of your weight progressions. Do not wear loose-fitting workout shorts that will make it uncomfortable for you to do floor exercise.

WORKOUT RULES: No phones/headphones/make-up sessions. BE ON TIME OR YOU'RE ON YOUR OWN!

CALORIE BURNERS MEMBERSHIP

\$100/mo, 3-scheduled workouts weekly, full gym access [FOB, if needed] included

Target Group: Beginners and intermediates that need a routine to support weight loss and weight control goals. Individuals who need structure to start and maintain a well-rounded exercise plan.

What to expect: Goals of weekly workouts vary in composition and volume. Progression of workouts will follow 3-4 week cycles, for example; body prep, moderate intensity cardio, interval training, muscle hypertrophy, bodyweight circuits, unloading phases, high intensity cardio, partner, group etc. Expect to work hard but not to exhaustion every time. Workouts begin with prehab warm-up and end with a quick stretch cool-down. You will be instructed in proper exercise form. Your general gym membership allows you to add additional exercise between scheduled workouts.

What to bring: Clean shoes, water bottle [as we won't have lots of time to visit the water fountain] and training notebook. Workout instructions will be handed out but you will need to keep track of your weight progressions. Do not wear loose-fitting workout shorts that will make it uncomfortable for you to do floor exercise.

WORKOUT RULES: No phones/headphones/make-up sessions. BE ON TIME OR YOU'RE ON YOUR OWN!

PERSONAL TRAINING MEMBERSHIP

\$135/mo, one 30-60 minute appointment weekly with trainer, full gym access [FOB, if needed] included

Target Group: Individuals of any skill level who can't commit to three scheduled sessions a week but want some direction and accountability to get more out of their gym membership. Flexibility to set up one-on-one sessions to follow the Strength/Power, Calorie Burners, Group Personal Training workouts or a custom designed program.

WORKOUT RULES: Make-up sessions may not be available. No refunds for cancelled sessions.