



How To Gym

Our Training Goals and Promises



Our Promises

Starting your fitness journey can be hard, which is why we are here to help. We take good care in exactly what it is you want to get out of your training, and make sure to build proper workouts that cater to your needs. Our first session always starts with a discussion about your goals, dos and don'ts, and your experience. We make sure to understand our clientele here at WE GO GYM!

We workout at two main locations which is [EOS Fitness in Orem](#) and [Bucked Up American Fork](#), as well as online courses!

Training Subscriptions:

Monthly Course Subscription	Cost (monthly)	Online/In Person
Free 1 time Trial	Free	Both
Bronze, 1 session/weekly	\$25.00	Both
Silver, 3 sessions/weekly	\$70.00	Online
Silver, 3 sessions/weekly	\$80.00	In Person
Gold, 5 sessions/weekly	\$110.00	Online
Gold, 5 sessions/weely	\$120.00	In Person