



Your Road to Success Starts Here!

Membership Options

- ✓ Subscription Plan (private coaching and access to the gym)
- ✓ Silver Membership (8 small group training workouts each month)
- ✓ Gold Membership (12 small group training workouts each month)
- ✓ Ruby Membership (up to 20 small group training workouts each month)
- ✓ Platinum Membership (8 semi-private workouts and unlimited small group training workouts)
- ✓ Diamond Membership (8-12 private one on one sessions each month)

Subscription Plan

Benefits:

- Accountability and individualized attention
- Private coaching to review nutrition, cardio, or program design
- Access to our membership site and programs
- Access to our high-energy culture and gym facility
- Assessment and testing monthly
- Weekly motivational and inspirational emails and texts

Benefits:

- Limited to 6 people
- Individualized and customized program
 - Nutritional guidance
 - Cardio coaching
- Access to small group training classes
 - Assessment and testing monthly

Results!

Semi-Private Training

Small Group Training

Benefits:

- One-on-one assistance
- Personalized program tailored to your needs
- Motivation and accountability
- Nutritional guidance
- Cardio coaching
- Assessment and testing monthly

Results!

YOU