



SPRING PROGRAM

MEMBERSHIPS

6 week — \$150

6 month - \$70 per month

12 month— \$60 per month *

*Special—pay in full save \$100

One time \$20 processing fee

Memberships include:

- **Weekly circuit workouts
(3 times per week recommended)**
- **2 Cross Training Workouts
(Yoga or Kick)**
- **Nutrition seminars**
- **5 guest passes**

CLASSES

Yoga—6 classes for \$50

CardioKick—6 classes for \$50

Yoga/CardioKick Combo—6 of each for \$75

SESSIONS

Minor League Workouts - (ages 5-7) 6 week -\$99

Sports Conditioning- 6 week session -\$125



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