



Life Performance

BECAUSE LIFE DEMANDS YOUR BEST PERFORMANCE

ViP MEMBERSHIPS

ViP Welcome Membership: We invite all prospective clients to experience ViP for a low introductory price of \$129 for the first month. During this month you'll receive unlimited access to all our group training classes.

ViP Welcome Membership	\$129	Unlimited classes. Avg cost \$8 per class.
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Group Training Membership: Unlimited attendance in our various intelligently designed group training classes guaranteed to provide an efficient and effective total body workout in one hour.

Annual ViP Group Membership	\$129/ mo	Unlimited classes. Avg cost \$8 per class.*
3 Month ViP Group Membership	\$179/ mo	Unlimited classes. Avg cost \$13 per class.*

ViP A LA CART MENU

We recognize that some of our clients prefer to pay as they go for group training sessions though we highly recommend that every client invest in our ViP Welcome Membership before choosing to forego our complete membership offerings.

Group Training Sessions

Drop In	\$25 / class
10 Sessions	\$199
20 Sessions	\$325

Personal Training Sessions

10 sessions	1 on 1 \$750	2 on 1 \$1,000
20 sessions	1 on 1 \$1,350	2 on 1 \$1,800
30 sessions	1 on 1 \$1,800	2 on 1 \$2,400

*Membership rates are based on contract term and require auto bill.

It Starts With A Commitment.

- We commit to providing expert advice and programming to help you maintain it.
- We commit to treating your time as precious and making sure every minute you spend is productive.

It Requires Quality Programming.

- We are accountable for using the latest research and knowledge.
- We are accountable for providing a safe and spacious training facility.

It May Be The Most Important Choice You Make.

- Obesity reduces your life expectancy by 10 years.
- Regular exercise reduces the risk of heart disease, diabetes, high blood pressure and colon cancer.

It Is Definitely A Wise Investment.

- Losing weight can save you 40% on health care.
- A heart attack can cost a patient \$5,000 after insurance.
- Chronic pain treatment (chiropractic and massage) can cost hundreds of dollars per month.

**The expertise you chose for your child is here for you too.
What are you waiting for?**