



MEMBERSHIP MENU 2011

*rates subject to change **some conditions may apply to current packages

I. BASE MEMBERSHIP

**Gives member access to Body One Fitness during open hours.*

Option A = \$34/month EFT

Option B = \$50/month-to-month

Option C = \$375/ annual Paid in Full

II. GROUP TRAINING (Base Membership not required/included)

Option A* = 16 sessions \$159/month EFT

*Gives member access to Group Training Classes only. Member receives 16 sessions a month to use at their discretion. Great bargain under \$10 per session! Currently offering various class times from which to choose per week. *See Group Training Agreement for more details. *Purchase 10 months up front at \$1599 & receive 2 months free.*

Option B = 10 sessions \$209/60 days

Gives member access to Group Training Classes only. We offer you 10-group training sessions to utilize within a 60-day period.

Option C = UNLIMITED Sessions \$189/month EFT

Gives member access to Group Training Classes and access to the facility. Member receives UNLIMITED sessions a month to use at their discretion. Fantastic bargain under \$8 per session!

Mini-Pack=5 Sessions \$99/month EFT *This Package will allow members 5 sessions to use, for any class on the Group Training Schedule, as they please within a 1-month period.*

Standing Appointment= \$50/month EFT

*For those who want a set schedule and won't have to worry about scheduling any appointments. We do it for you upon purchase. You are always guaranteed a spot. *For Group Training Classes Only.*

III. COMBO PACKAGES

Option A = 16 GT sessions + Base membership \$174/month EFT

This membership grants access to the facility for those group training members who would like to come in on their own and train at their own pace. Minimum 3-month contract.

Option B = 16 GT sessions + Base membership + 4 PT \$359/month EFT

Great for those who want to take full advantage of what Body One Fitness has to offer. This package combines access to Body One Fitness during all open hours, 16-group training sessions, and 4 personal training sessions a month. This package is our best- valued package- you can take advantage of a total of 20-sessions a month for under \$18 per session!

Option C = 16 GT sessions + Base membership + 8 PT \$559/month EFT

This combines access to Body One Fitness during all open hours, 16-group training sessions, and 8 personal training sessions a month. A fantastic offer- a total of 24 combined sessions a month for under \$23 per session!

Option D = 16 GT sessions + Base membership + 12 PT \$759/ month EFT

For those on a mission to achieve the ultimate fitness goals! This combines access to Body One Fitness during all open hours, 16-group training sessions, and 12 personal training sessions a month. Receive 28 combined training sessions a month for under \$28 per session!

III. PERSONAL TRAINING PACKAGES (Base membership required)

Option A = 12 sessions/ month \$75/Per Session

Receive 12-Personal Training sessions a month with one of our in-house trainers.

Option B = 8 sessions/ month \$85/Per Session

Receive 8-Personal Training sessions a month with one of our in-house trainers

Option C = 4 sessions/ month \$95/Per Session

Receive 4-Personal Training sessions a month with one of our in-house trainers.