



Excel

Meet one-on-one with an exercise specialist to Excel your Exercise with a personalized fitness assessment, goal setting and plan. If you are new at exercise, we can get started on the right track with enjoyable and effective workout plan. If you are a seasoned exerciser but need to shake-up your routine or simply want to measure your progress, let us help you Excel.

Equipment Orientation - \$0

Included with membership at no additional cost.

Fit 3D Body Composition - \$20

Using our Fit 3D body image analyzer, we can assess your body fat %, circumference measurements, metabolic rate and more.

Fitness Test - \$50

Tests to assess muscular strength, endurance, flexibility and cardiovascular fitness to determine a baseline or measure improvement.

Exercise Prescription - \$30

Our team will help you establish SMART fitness goals and a personalized exercise plan to achieve them. If your doctor has given you exercise restrictions we can build a plan for you that is safe and effective.

Excel Bundle - \$75

Get all of the above services for the most comprehensive exercise plan. These services are also included in our 1 on 1, 12 session package, personal training services.



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Personal Training

1-on-1	Number of sessions	Member Package	Member Per Session	Non-Member Package	Non-Member Per Session
60min	1	\$42	\$42	\$52	\$52
	4	\$156	\$39	\$196	\$49
	8	\$296	\$37	\$376	\$47
	12	\$420	\$35	\$540	\$45

30min	1	\$32	\$32	\$42	\$42
	4	\$120	\$30	\$160	\$40
	8	\$216	\$27	\$296	\$37
	12	\$300	\$25	\$420	\$35

Pairs	Number of sessions	Member Package	Member Per Session	Non-Member Package	Non-Member Per Session
60min	1	\$65	\$65	\$75	\$75
	4	\$240	\$60	\$280	\$70
	8	\$440	\$55	\$520	\$65
	12	\$600	\$50	\$720	\$60

30min	1	\$55	\$55	\$55	\$55
	4	\$200	\$50	\$240	\$60
	8	\$360	\$45	\$440	\$55
	12	\$480	\$40	\$600	\$50

Small Group	Number of sessions	Sessions Per Week	Member	Non-Member
4 People	8 x 45min	2	\$75	\$100

Small group times vary by locations. 8 sessions per month, 2 per week.



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