

Complimentary Services

Assessment

Our **FREE** comprehensive, two-part assessment process is designed to help you get more out of your workout. One of our degreed fitness specialists will test the five components of physical fitness: aerobic capacity, energy expenditure, heart rate training zones, muscular strength and endurance, and flexibility and range of motion. We will use this data to create your customized program.

Testing Services

Evolt 360 Body Scan | \$30

This full-body scan provides detailed data on 40 health measurements, including lean body mass, skeletal muscle mass, total body water, body fat, visceral fat, body fat percentage, bio age, and much more. Obtaining this information is a key component of improving your overall health.

RMR | \$99

The Resting Metabolic Rate (RMR) test accurately measures the number of calories your body burns at rest. From this, we are able to help you determine the correct number of calories and ratio of macronutrients to help support your goals.

VO2 Submaximal Performance Test | \$149

The gold standard for measuring cardiovascular fitness, the VO2 submax test measures the amount of oxygen consumed while cycling at a near maximum intensity. While not only a top indicator of endurance and overall cardiovascular fitness, the VO2 submax test is a great tool for maximizing heart rate training zones, as well as being a predictor of longevity.

Comprehensive Packages

Not sure where to start? Our comprehensive packages will ensure you're on the right track!

Wellness Training Package | \$175

- RMR Test
- Three 30-Minute Personal Training Sessions
- One Coaching Session (Nutrition or Sleep, Stress and Recovery)

Performance Training Package | \$299

- VO2 Submaximal Performance Test
- Three 60-Minute Personal Training Sessions
- One Coaching Session (Nutrition or Sleep, Stress and Recovery)

Training Services

Personal Training

Even after the decision to improve your health, some of us could use some extra motivation. That's where personal training can be helpful. Degreed in exercise-related fields and accredited through the National Commission for Certifying Agencies, our trainers are well-qualified to help you set and achieve your goals, make significant changes and progress faster.

Program Features

- 30- or 60-minute sessions
- You choose the frequency
- Comprehensive fitness assessment to set a baseline and understand your goals

New Client Special Offer

(Reserved for members only)

(3) 30-minute sessions: \$75

(3) 60-minute sessions: \$150

Sessions	1 Person 30 min./60 min.	2 Person 30 min./60 min.
1	\$32.50/\$60	\$55/\$100
6	\$179/\$330	\$303/\$550
12	\$345/\$636	\$583/\$1060
18	\$497/\$918	\$842/\$1530
24	\$637/\$1176	\$1078/\$1960

Non-Member rates available upon request.

Progressive Exercise Programming | \$199/month

Ideal for the experienced exerciser, those who travel, or individuals who prefer to work out on their own but with the guidance of a certified exercise professional, you'll receive a series of workouts created specifically to meet your unique goals and limitations.

Coaching Services

Utilizing top coaching strategies and resources, our certified coaches are able to assist individuals looking for lifestyle strategies to improve their health or performance.

Nutrition Coaching | \$30

Sleep, Stress Management and Recovery Coaching | \$30

For more information about any of our services, please speak to a fitness specialist or call us at **330.342.4400**.