



Exclusive Empower Monthly Membership Options

Exclusive Empower Monthly Membership:

- \$35 for individuals, \$60 for small family (up to 4 people), \$80 for large family (5+ people from the same family)
- No long term contracts. If you choose to terminate the monthly membership (either for the next month or permanently) you can notify your trainer by the 25th of the preceding month.
- Minimum requirement of 2 hours of private personal training each month (either 4-30 minute sessions or 2- hour sessions).

The exclusive monthly membership is a great option if you would like to supplement your weekly training sessions by working out on your own.

Empower Fit Club

Includes:

- 2 hours of private personal training (either 4- 30 minute sessions or 2- hour sessions)
- 8 group classes/month including: Pilates, Yoga, Kettlebells, Boot Camps and more
- Monthly nutrition seminar and/or package of material
- Ongoing support and motivation
- Monthly membership
- Only \$179/month!

The Empower Fit Club is a great option if you would like to bundle all of our services at a reduced cost. This package is valued at over \$500 so don't miss out on this excellent deal.

Please contact us at (919) 401-8024 or contact@becomepowerful.com to learn more about Empower's membership options.