



Exclusive Empower Monthly Membership Options

Exclusive Empower Monthly Membership:

- \$40 for individuals, \$65 for small family (up to 4 people), \$85 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 within 5 business days of your contract date.
- Pay As You Go option. You can choose to prepay for a set number of months or on a month by month basis.
- Payment In Full discount. Pre pay in full for an entire year for only \$420 - only \$35 per 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)
- **UNLIMITED** group classes: Pilates, Yoga, Kettle Bells, Boot Camps and more
- Support and motivation from personal trainers
- Monthly membership
- **Only \$209/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.

Add On Option

Relax, Release, Refresh - Add a Monthly Massage to your Membership!

Help keep your mind and body free of stress and strain. Set up a regular appointment day and time or schedule at your convenience. – **ONLY \$60 additional/month.**