

"CHANGING LIVES SINCE 2010"

# BODY FORCE

TRAINING  FACILITY

## MEMBERSHIP OPTIONS

\$99+  
/Week

### 1-ON-1 PRIVATE TRAINING\*

LIMITED, \$429/Month  
UNLIMITED, \$799/Month

We design a program specifically for you, and you get to work with a personal coach in a 1-on-1 setting. In these sessions, the coaching is dedicated entirely to you. This program is ideal for those who wish to have a private trainer and a completely customized program. The unlimited VIP option also includes unlimited shake bar access. \*This option does not include semi-private training as an additional layer.

\$53+  
/Week

### SEMI-PRIVATE PER. TRAINING

LIMITED, \$229/Month  
UNLIMITED, \$339/Month

Based on your evaluation and goals, we will design a program for you. During your training sessions, you will meet with one of our certified personal trainers in a semi-private setting (1-4). In this personalized setting, you will be given in-depth instruction while focusing on your specific goals.

\$30  
/Week

### TEAM TRAINING

\$129/Month

Unlimited coaching in our high energy Afterburn & Industrial Strength Team Training sessions. These awesome group workouts combine metabolic training for fat loss with strength training for building lean muscle. These workouts are always changing and are a fun way to get in shape.

\$20  
/Week

### PROGRAM DESIGN MEMBERSHIP

\$89/Month

- > Individualized Program Design
- > Program Demonstration Coaching Session
- > Program Updated Every 6 Weeks

\$13  
/Week

### BASIC MEMBERSHIP

Offered as a Month-to-Month option only.  
\$55/Month

- > 24/7 Training Facility Access
- > Weekly Written Workouts
- + Add MYZONE . . . \$10/Month

ASK  
ABOUT

THE 30 DAY  
VIP TRAINING  
PACKAGE

All memberships except BASIC  
are 12 Month Agreements.  
Month-to-Month options are  
available at a 25% premium.

Track your progress and stay motivated!  
Add MYZONE to your membership.

MYZONE Belt - \$129

