

# MEMBERSHIP OPTIONS

## ONE-ON-ONE PERSONAL TRAINING

For those who want personalized support and consistent accountability.

### Start with a membership:

All memberships auto-renew monthly and require a 30-day notice to cancel.

Frequency	Month-to-Month	3 Month Plan	6 Month Plan
1x Week	\$380 mo.	\$360 mo.	\$340 mo.
2x Week	\$760 mo.	\$720 mo.	\$680 mo.
3x Week	\$1,140 mo.	\$1,080 mo.	\$1,040 mo.

## All training memberships include:

- ✓ Preferred scheduling based on plan
- ✓ Open gym access during designated hours
- ✓ Monthly client get togethers
- ✓ Supportive environment led by a certified coach
- ✓ Structured, progressive training
- 🐾 Coach Sophie, certified good girl and gym hype pup

## SMALL GROUP TRAINING



Train with up to 4 others in a supportive, community-centered setting.

### Step 1: Start Strong Session Package — \$99

Includes 4 discounted 1:1 sessions to build foundational movement skills.

Required for all small group members.

### Step 2: Choose your plan:

Plans auto-renew monthly and require a 30-day notice to cancel.

Frequency	3 Month Plan	6 Month Plan
1x Week	\$220 mo.	\$200 mo.
2x Week	\$440 mo.	\$400 mo.
3x Week	\$660 mo.	\$600 mo.

All bodies. All identities. All welcome.

# ALWAYS.