



MEMBERSHIP OPTIONS

Most Recommended

1X / WK COACHING

THIS OPTION IS RIGHT FOR
YOU IF:

- You're self-motivated & more autonomous in the gym
- You have experience lifting weights
- You're a quick learner & will work out on your own at Valeo outside of your scheduled coached time

\$125 bi-weekly

2X / WK COACHING

THIS OPTION IS RIGHT FOR
YOU IF:

- **You want a balance of independence + coaching**
- **You have some experience lifting weights**
- **You'll work out on your own at Valeo outside of your scheduled coached times**

\$175 bi-weekly

3X / WK COACHING

THIS OPTION IS RIGHT FOR
YOU IF:

- You need the extra accountability
- You have little-to-no experience lifting weights (**it's totally ok - we love beginners!**)
- You're more likely to exercise only if you have a scheduled appointment

\$225 bi-weekly

Every option **includes:**

- 🏋️ A Functional Movement Screen
- 🏋️ A Personalized Workout Program
- 🏋️ Coaching in a semi-private setting
- 🏋️ Unlimited Group Classes
- 🏋️ Open Gym to workout anytime
- 🏋️ Nutrition Support
- 🏋️ A Kickstarter Kit
- 🏋️ Expertise & Endless High-Fives

THE FINE PRINT

\$89 Initial Investment

12-month commitment

12-week commitments available for + \$25 bi-weekly

