

VALEO / TRAINING

SEMI-PRIVATE MEMBERSHIP OPTIONS

VALEO - (DEF): HAVE STRENGTH, HAVE POWER, BE EFFECTIVE

THE VALEO PKG

\$199/MO

1x/wk Coaching

Movement Analysis & Progress Tracking

Customized program changed every 4-6 weeks for you

Complimentary Metabolic Conditioning "cardio" Classes

Discounted access to Nutrition Challenges & Specialty Programs

Starter Kit filled with Valeo gear and other goodies

THE MORE VALEO-ER PKG



Most popular

\$299/MO

[2x/wk Coaching]

Movement Analysis & Progress Tracking

Customized program changed every 4-6 weeks for you

Complimentary Metabolic Conditioning "cardio" Classes

Discounted access to Nutrition Challenges & Specialty Programs

Starter Kit filled with Valeo gear and other goodies

THE MOST VALEO-EST PKG

\$399/MO

3x/wk Coaching

Movement Analysis & Progress Tracking

Customized program changed every 4-6 weeks for you

Complimentary Metabolic Conditioning "cardio" Classes

Discounted access to Nutrition Challenges & Specialty Programs

Starter Kit filled with Valeo gear and other goodies

3 MONTH OPTIONS

The Valeo Package: \$249 /mo

The More Valeo-er Package: \$379 /mo

The Most Valeo-est Package: \$499 /mo

INITIAL INVESTMENT

\$89

On all Training memberships

ACCELERATORS & OTHER

MEMBERSHIP OPTIONS

OPEN GYM *accelerator*

\$49/MO

We are thrilled to be your fitness hub – your go-to even on the days you're not seeing us for your coached sessions.

As a Semi-Private member, you have the option to add on **all-access to the gym** for the remaining length of your membership. This enables you to repeat the program your trainer created for you **on your own and at your convenience**. *Come get an extra workout or two in per week!*

or commit to
OPEN GYM
for 12 months



\$30/MO

EXTRA COACHED SESSION *accelerator*

\$49 EA.

Need some extra assistance with your program?

Add on an additional coached session here and there whenever you'd like. Just let your coach know and he/she will get you on the calendar.

CLASS-ONLY MEMBERSHIP

**\$69/MONTH
WITH 12 MONTH AGREEMENT**

Unlimited access to our Metabolic Conditioning :cardio: classes

No RSVP necessary.

Mondays / 6am and 5:30pm

Tuesdays / Noon

Wednesdays / 6am and 5:30pm

Thursdays / Noon

**\$99/MONTH
MONTH-TO-MONTH**