

**1 x week Small Group Personal Training \$195/mo This is for you if you:**

- ✓ Want to take your fitness to the next level, lose weight, or change your body composition
- ✓ Are newer to strength training or would want the expert eye of a coach during your lifting sessions
- ✓ Have a goal that will take you longer than 3 months to achieve
- ✓ Need Nutrition Coaching and Support
- ✓ Need accountability and coaching to get the results you want
- ✓ Will commit to a minimum of 4 workouts/month in addition to your training sessions (incl. group ex. class or Open Gym)

**2 x week Small Group Personal Training \$390/mo This is for you if you:**

- ✓ Want to lose weight or change your body composition
- ✓ Need accountability to start and stick to an exercise program
- ✓ Have limited experience with Strength Training
- ✓ Want the expertise of a coach to help you train safely and effectively each session
- ✓ Do not enjoy working out alone
- ✓ Have a goal that will take longer than 6 months to achieve
- ✓ Need Nutrition Coaching and Support

**3 x week Small Group Personal Training \$559/mo This is for you if you:**

- ✓ Feel more comfortable with high level of observation and supervision
- ✓ Need a highly customized workout

**3 x week 1-on-1 Personal Training \$900/month (\$75/session) This is for you if you:**

- ✓ Prefer to train alone
- ✓ Prefer a high level of observation and supervision
- ✓ Need highly customized workouts
- ✓ Need a high level of accountability to workout sessions and nutrition coaching

**Programming- 1x/mo Small Group Personal Training session and Open Gym Access \$145/month This is for you if you:**

- ✓ Have already been training at emPower for at least 3 months
- ✓ Want to take your fitness to another level by including the benefits of a Strength Training Program
- ✓ Have a basic understanding of strength training and are comfortable using the equipment independently
- ✓ Want the expertise of a coach to train your form, ensure you are engaging the correct muscles, and teach you new strength training exercises
- ✓ Want a new workout designed for you each month
- ✓ Do not need nutrition guidance or accountability

**Unlimited Group Exercise Classes \$99/mo This is for you if you:**

- ✓ Want to be more fit
- ✓ Do not need nutrition guidance or accountability
- ✓ Just need a motivational instructor and great group of people to help you get in shape again!

***\*All personal training packages include unlimited group exercise and open gym!***

***\*3 month initial commitment followed by month-to-month***

***\*Discount available for Military, First Responders, Teachers (must show ID), or family members under same roof***

## emPower Fitness Systems Membership Options

*\* Description on the back for each option*



### SMALL GROUP PERSONAL TRAINING

1 x week Small Group Personal Training = \$195/mo

2 x week Small Group Personal Training = \$390/mo

3 x week Small Group Personal Training = \$559/mo

### GROUP EXERCISE

Unlimited Group Exercise Classes (includes all classes) = \$99/mo

10 Class Punch card = \$120/mo

Drop in fee for classes = \$15/class

*\*Discount available for Military, First Responders, Teachers (must show ID), or family members under same roof*

*\*Programming available for \$145/month- includes 1 x month coached session to teach new workout, group exercise, open gym. More details on this option on the back*

*\* 1-1 Private Training Available, \$900/month for 3 x week*

*\*OCR workouts included in any of the above but must be on a monthly package to join the team*