



2021 NEW MEMBER SPECIALS*

CALL NOW for a free consultation!

661-803-6568

Package #1: FUNCTIONAL WELLNESS ASSESSMENT & 1-MONTH FITNESS CLASS - \$199* (BEST VALUE)**

- ★ Full body musculoskeletal assessment, Flexibility/ balance/ stability/ mobility screening
- ★ Body Composition (Fat testing), Body Girth Measurements, Oxygen saturation and resting heart rate
- ★ Total Detox Program, Dietary Meal planning with grocery shopping list, anti-inflammatory recipes
- ★ Unlimited Small Group Training with Certified Trainers, mentoring and support
- ★ Group sessions offered: Mon, Wed, Fri at 6:00 or 9:00 a.m., 4:00, 5:00, or 6:00 p.m.
- ★ Special cardio kickboxing sessions on Saturdays at 9:00 a.m.
- ★ Includes a 1 month free club membership (\$39 value)
- ★ After the first month, the body maintenance class will drop to **\$129/ mo.**
- ★ 3 month reassessment 1x fee of **\$65*****
- ★ *****10% off assessment and reassessment if 2 or more join together**

Package #2: FUNCTIONAL WELLNESS ASSESSMENT & 1-MO. WELLNESS MEMBERSHIP \$199 (GREAT VALUE)

- ★ This is a one-time total body health and wellness assessment, includes
- ★ Full body musculoskeletal assessment, Flexibility/ balance/ stability/ mobility screening
- ★ Body Composition (Fat testing), Body Girth Measurements, Oxygen saturation and resting heart rate
- ★ Total Detox Program, Dietary Meal planning with grocery shopping list, anti-inflammatory recipes
- ★ One 5x8 workout card
- ★ One 60 minute training session with certified trainer
- ★ One month wellness club membership (\$39 value)
- ★ After the first month, membership is **\$39/ month**
- ★ 3 month reassessment 1x fee of **\$99** (includes 5x8 new card, and one training session)

Package #3: MONTHLY WELLNESS CLUB MEMBERSHIP \$39/ mo. (GOOD VALUE)

- ★ Includes full access to our facilities plus a one-time body comp. test (\$49 value)

Package #4: PERSONALIZED 1-ON-1 TRAINING PROGRAMS \$65* / 60 min.

Get Spoiled with the Best Personalized Training in the A.V. with a Certified Trainer

Package #5: FULL-BODY HANDS-ON TABLE STRETCH/ MYOFASCIAL RELEASE \$65* / 60 min.

Better than massage therapy! Your trainer will implement specialized techniques to loosen up tight neck, shoulder, back, hips, glutes, IT bands, piriformis, hamstrings, calves and feet muscles. Using specific types of foam rollers, roller bars and balls. We will lengthen, strengthen & stabilize your muscles to get immediate relief from pain and joint misalignment, guaranteed!

Extra 10% Off for Firefighters, Police and Veterans - Special Group Rates Available

We are a COVID-19 compliant facility, recognized by the City of Lancaster as an essential business.