



## 2023 NEW MEMBER SPECIALS\*

**CALL 661-803-6568 NOW for a free consultation!**

**Package #1: FUNCTIONAL WELLNESS ASSESSMENT & 1-MONTH FITNESS CLASS \$299\*\*\* (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 9:00 a.m., 4:00, 5:00, or 6:00 p.m.
- ★ Special cardio kickboxing and functional training sessions on Saturdays at 9:00 a.m.
- ★ Includes a 1 month free club membership (\$49 value)
- ★ After the first month, the body maintenance class will drop to **\$139/ mo.**
- ★ Periodic reassessment 1x fee of **\$99\*\*\***
- ★ **\*\*\*10% off assessment if 2 or more join together**

**Package #2: FUNCTIONAL WELLNESS ASSESSMENT & 1-MO. WELLNESS MEMBERSHIP \$299 (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
- ★ Two 60 minute training sessions with certified trainer
- ★ One month wellness club membership (\$49 value)
- ★ After the first month, membership is **\$49/ month**
- ★ Periodic reassessment 1x fee of **\$99** (includes 5x8 new card, and one training session)
- ★ **\*\*\*10% off assessment if 2 or more join together**

**Package #3: MONTHLY WELLNESS CLUB MEMBERSHIP \$49/ 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 \$70\* / 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 \$70 / 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!

**Package #6: TWO-STOP-SHOP HOME WORKOUT PLANNING SERVICE \$299**

- ★ This includes items 1-5 from package #2 and (1) 60-minute training session
- ★ Periodic in-person reassessments are an additional \$99 each

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

**[MichaelsWellnessCenter.com](http://MichaelsWellnessCenter.com)**

**[Facebook.com/MichaelsWellness](https://Facebook.com/MichaelsWellness)**