

# FITNESS EVALUATION

ACHIEVING YOUR FITNESS GOAL IS POSSIBLE!



Learn how to combine:

## **Cardio – Strengthening – Nutrition**

To achieve your Fitness Goals

The Fitness Evaluation includes:

- Body Fat and Body Composition Analysis
- Blood Pressure & Heart Rate Analysis
- 45 minute Presentation by Dr Lott
- Personalized Printed Fitness Program
- Personal Training Session

### **\*Additional Bonus\***

Free Monthly  
Body Comp Analysis

**\$75** OR

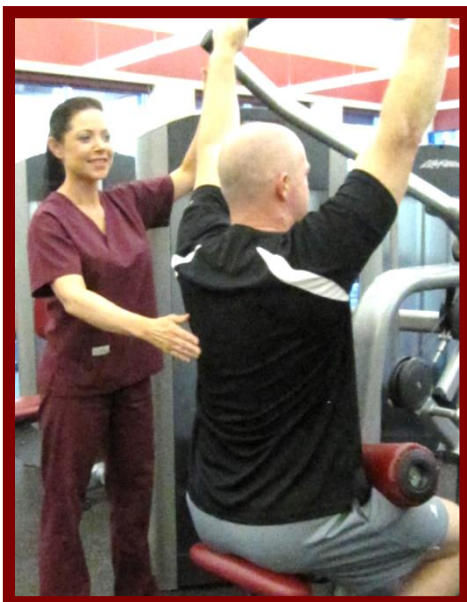


**FREE** with a  
Premium Membership



## **EQUIPMENT TRAINING SESSION**

A little nervous about using the machines? Our trained staff will work with you to review your fitness program. You'll receive instruction on form, intensity and rest, while ensuring target muscle focus and safety.



## NO ENROLLMENT FEE; NO ANNUAL FEE

### Hours

Open 24 hours EVERY DAY for Members. Access to both locations.

Office Hours Fairfield: M,T, TH 8-6:30; W,F 8-5 Phone: 903.389.7433

Corsicana: M,TH 8-6; T,W,F 8-5 Phone: 903.874.7433

<i>(rates do not include sales tax)</i>	Individual (age 12-64)	Senior (age 65+)	Couple	Family
<b>Premium Membership</b> (minimum 12 Month Initial Draft from Debit or credit card)				
<b>Monthly Draft</b>	\$31.41	\$26.79	\$47.11	\$59.12
<b>Paid in Full</b> (12 months for price of 11 and Free T-shirt)	\$300	\$250	\$500	\$600
PREMIUM MEMBERSHIP Includes Fitness Evaluation, Individual Exercise Program, Program Performance Session and Monthly Follow-Up Program				
<b>Basic Membership</b>				
<b>Monthly Draft</b> (Draft from, debit or credit card)	\$35.10	\$30.48	\$53.58	\$65.59
<b>No Draft</b>	\$36.75	\$32.33	\$55.43	\$69.28
<b>Punch Card</b> (expires 6 months)		10 visits \$83.14	5 visits \$41.57	
<b>Therapy Grad</b> (within 2 weeks of therapy)				
<b>Individual</b>	\$29.56 M-M No Draft; \$27.71 Draft; \$304.85 Full Year			
<b>Couple</b>	\$48.04 M-M No Draft; \$46.19 Draft; \$508.08 Full Year			
<b>Day Membership Fee</b> (Only available during office hours and must be 18 years and older)	\$10			
<b>Body Composition Analysis</b> (No Fitness Eval)	\$10			
<b>Fitness Eval and Equip Training Program</b>	\$75			

<b>Senior:</b>	65+
<b>Couple:</b>	Legally Married couple OR parent with child under age 21
<b>Family:</b>	Legally Married couple and their children under age 21
<b>Age 12 &amp; 13:</b>	Must be accompanied by parent or legal guardian at all times when using the facility.