

# MEMBERSHIP



Includes: Unlimited visits and 24/7 gym access	Single	Couple	Family
Monthly (auto-draft only)	\$55	\$90	\$120
6-Month	\$315	\$510	\$685
12-Month	\$595	\$970	\$1,295
Enrollment:	\$20	\$30	\$40

# APPOINTMENTS



PRIVATE TRAINING		SEMI-PRIVATE TRAINING		
<b>30' Sessions</b>		<b>Partner - 2 Clients</b>	<b>30'</b>	<b>60'</b>
Single Session	\$30	Single Session	\$50	\$65
8-Session Package	\$235	8-Session Package	\$380	\$645
12-Session Package	\$340	12-Session Package	\$550	\$935
18-Session Package	\$475	18-Session Package	\$810	\$1,375
<b>60' Sessions</b>		<b>Small Group - 3 Clients</b>	<b>30'</b>	<b>60'</b>
Single Session	\$55	Single Session	\$65	\$110
8-Session Package	\$415	8-Session Package	\$495	\$835
12-Session Package	\$595	12-Session Package	\$705	\$1,190
18-Session Package	\$840	18-Session Package	\$1,030	\$1,745

## OTHER SERVICES



BUNDLES & PACKAGES		
<b>KICKSTARTER PACKAGE</b>	Includes gym orientation, initial assessment, & three 60-minute private training sessions. <b>*Only available to new clients</b>	<b>\$150</b>
ADD-ONS & EVENTS		
<b>GROUP FITNESS EVENTS</b>	Group fitness offerings such as <b>Get Up!</b> , <b>Flow Yoga</b> and <b>RISE &amp; SHINE</b> boot camp are offered as seasonal limited series. Visit <a href="https://lifespringfitness.net/group-fitness">lifespringfitness.net/group-fitness</a> to see what's currently offered!	<b>\$65 - \$175</b>
<b>PRIVATE ADD-ON</b>	Monthly membership that includes a set number of 30-minute private training sessions per month. Sessions don't carry over month to month.	<b>4x/mo - \$150 8x/mo - \$245 12x/mo - \$350</b>
<b>NUTRITION COACHING</b>	Learn the principles of sustainable, healthy dietary practices to enhance your exercise regimen and supercharge your results.	<b>\$35/session</b>