

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

SERVICES



PRIVATE TRAINING		SEMI-PRIVATE TRAINING	30'	60'
30'		2 Clients	\$50	\$85
Single Session	\$30	3 Clients	\$65	\$120
8-Session Package	\$225	*Pricing denotes per session rate. Packages also available.		
12-Session Package	\$320	NUTRITION COACHING		
18-Session Package	\$475	Single Session	\$30	
60'		GROUP FITNESS		
Single Session	\$55	Drop-in	\$10	
8-Session Package	\$415	5-Class Package	\$45	
12-Session Package	\$595	10-Class Package	\$90	
18-Session Package	\$840	*Enrollment program pricing varies		

SERVICES CONT.



BUNDLES & PACKAGES

KICKSTARTER PACKAGE

Includes gym orientation, initial assessment, & three 60-minute private training sessions. ***Only available to new clients**

\$150

ADD-ON SUBSCRIPTIONS

GROUP CLASSES

Monthly membership that gives access to any and all group fitness offering from **Get Up!** circuit class to **Yoga** and **RISE & SHINE** boot camp. Visit lifespringfitness.net/group-fitness for more info!

\$110-\$175

PRIVATE TRAINING

Monthly membership that includes a set number of 30-minute private training sessions per month. Sessions don't carry over month to month.

4x/mo - \$150
8x/mo - \$245
12x/mo - \$350

RISE & SHINE ADD-ON

The days of registering for individual boot camp workouts are over with our monthly subscription option. Join the **RISE & SHINE** community!

\$65/month

***Family members can be added for an additional monthly charge.**