



## **ACCELERATED STRENGTH & BALANCE PRICING OPTIONS**

**Everyone begins with a comprehensive assessment of strength, balance, and function. We call this the Accelerated Strength & Balance Assessment:**

- 30 Minute Strength & Balance Assessment: There is no charge for this

**You are not required to become a member to participate at Accelerated Strength & Balance. We have options for those who would prefer to not have any sort of commitment.**

- **Class Prices Non-Member Pricing**
  - Individual Class or Drop-In Open Access - \$20
  - 10 Pack of pre-purchased classes - \$180 (10% discount)
- **One-on-One Coaching Non-Member Pricing**
  - 30 Min Single Session - \$65      30 Min 6 Pack – 6 pre-purchased Sessions - \$360
  - 60 Min Single Session - \$100      60 Min 6 Pack – 6 pre-purchased Sessions - \$570

**The majority of our clientele choose to become members. Our memberships are based on annual commitments. The main advantage of choosing a membership is substantial discounts off of the class and one-on-one pricing.**

- **Accelerated Strength and Balance Yearly Base Membership – Two Options**
  - \$299 annual fee
  - Or \$29 per month (for 12 months, total expense of \$348)
- **Foundations Class**
  - This one hour, one-on-one personal coaching session teaches our new members what they need to know and do in order to able to confidently and competently participate in our Strength & Balance classes.
  - This is required for all new members
  - \$99 onetime fee
- **Members can pay as they go or pre-purchase Attendance Packs\***
  - Single Class - \$10
  - 10 Pack - \$90 (\$9/class)
  - 20 Pack - \$160 (\$8/class)
  - 30 Pack - \$210 (\$7/class)
- **One-on-One Coaching Member Pricing\***
  - 30 Min Single Session - \$35      30 Min 6 Pack – 6 pre-purchased Sessions - \$180
  - 60 Min Single Session - \$60      60 Min 6 Pack – 6 pre-purchased Sessions - \$330

\*This is in addition to the yearly membership

**All Inclusive: Some members have an appetite for all they can get. Our All Inclusive Membership is the choice for them.**

- Monthly fee with unlimited access to all classes and open access periods
- \$149 per month – 12-month agreement.



**Occasionally, interested folks are already members of another fitness facility or have access to one. Our Essentials Package could be a great option for them:**

3 One-on-One Coaching Classes – Are you a member of another Fitness Facility but are not quite sure what to do, exercises to maintain your strength, the technique and form to get the best out of your workout? This package is for you. Spend the class learning what to do and how to do it. Go back to your gym with confidence and a routine that will help you reach your goals. The cost for our Essentials Package is \$275.