



Professional Health & Fitness Solutions

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 www.apexpersonaltraining.com

## HYBRID Training Memberships

Our HYBRID Training Memberships combine the best of two worlds. They combine the freedom of a gym membership with the accountability and support of having your own personal trainer. At APEX we don't oversell our memberships. We limit the number of members with the assumption that all of our members will attend on a weekly basis.

### What's Included?

- **One-on-One Personal Training Sessions:** choose from one session per month, or up to unlimited sessions per week. HYBRID Members will receive assignments to be completed on the days they are not with their trainer.
- **Monthly Body Composition Testing:** We measure body fat, muscle, and water levels rather than just body weight.
- **Monthly Health Coaching Sessions:** During these sessions we will address attendance, nutrition, stress management, goal setting, & other lifestyle factors.
- **Fitness Assessments:** We conduct an initial fitness assessment, and a full re-assessment every 3 months to track body measurements, and improvements in strength, flexibility, and cardiovascular fitness.
- **Exercise Assignments:** Weather you come in once a month or 5 days a week, your trainer will give you cardio and/or resistance training to be completed on your own.

### Membership Benefits:

- **Prepay & Save!** — Prepay for a 12 month membership and get 2 additional months for free!
- Share a membership with up to three friends. Personal Training sessions are completed as a group and health coaching, body composition testing, and assessments are done on an individual basis.
- **UIOLI ( Use IT or Lose IT):** Clients must use their sessions on a weekly basis: more consistency = better results!
- **POLAR Technology:** For a deposit, clients are able to use a sophisticated POLAR Heart Rate Monitor for the duration of their membership, allowing clients to download and track their workouts at [www.polarpersonaltrainer.com](http://www.polarpersonaltrainer.com).
- **Unlimited Cardio Sessions:** We are a small facility, but with the ability to reserve your cardio machine online, you will never have to worry about not having an open cardio machine.

CARDIO PLUS Membership \$80 Per Month  Unlimited Cardio Sessions Monthly BIA Monthly Health Coaching Re-Assess Every 3 Months	SOLO			PARTNER (price per person)		TRIO (price per person)		QUAD (price per person)	
	<b>NEW!! EXPRESS</b> 15 min	30 Min	60 Min	30 Min	60 Min	30 Min	60 Min	30 Min	60 Min
<b>MONTHLY</b> 1 session per month		\$120	\$140	\$110	\$125	\$107	\$114	\$105	\$110
<b>BI-MONTHLY</b> 2 sessions per month		\$152	\$190	\$133	\$161	\$127.30	\$140.60	\$123.50	\$133
<b>BRONZE</b> 1 session per week		\$216	\$288	\$180	\$234	\$169.20	\$194.40	\$162	\$180
<b>SILVER</b> 2 sessions per week	\$180	\$340	\$476	\$272	\$374	\$251.60	\$299.20	\$238	\$272
<b>GOLD</b> 3 sessions per week	\$240	\$448	\$640	\$352	\$496	\$323.20	\$390.40	\$304	\$352
<b>PLATINUM</b> Unlimited Sessions (limit one per day)	\$360	\$660	\$960	\$510	\$735	\$465	\$570	\$435	\$510