



# 2020

Effective January 1

Payment is expected before any sessions are received.

Personal Training		SINGLE	FIVE	TEN	TWENTY	FIFTY
Individual	45 Minute Session	\$65	\$288 (57.60)	\$560 (56)	\$1080 (54)	\$2700 (54)
	30 Minute Session	\$45	\$203 (40.60)	\$390 (39)	\$760 (38)	\$1900 (38)
Team	30 Minute Session	\$34	\$153 (30.60)	\$270 (27)	\$520 (26)	\$1300 (26)
Group	*Punch Card	\$18	NA	\$135	NA	NA
	*Monthly Unlimited	\$95				

\*Membership is NOT required to attend a group class. 1<sup>st</sup> group class is free.

NOTE: All packages expire one year from purchase, except for 50 packs which expire in two years.

**Membership-Monthly** \$25 (Free with 4 training sessions per month)

**Membership-Daily** \$5

**Facility Hours:**  
 Mon – Thu 5:30am – 7:00pm  
 Fri 5:30 am – 6:00pm  
 Sat – Sun 8:00am - Noon

**Late Cancel Policy:** We require notification of cancellation by 5PM the evening prior to your appointment. Cancellations received **after 5PM** will be subject to a full session charge.

**Nutrition with Alicia**

Contact Alicia to Set Up an Initial Brainstorming

**nutritionwithalicia@gmail.com** 920-621-5690

Follow on Instagram @NutritionwithAlicia





# 2020

Effective January 1

## Lifestyle Services

**Biking** – Need a biking partner or just someone to push you? Why not ask a trainer to come along on a ride? Correct biking techniques will be explained. You and the trainer jointly plan a route. You provide a bike for your use, helmet, water, and a fun spirit.

- 30 minute ride - one session
- 60 minute ride – two sessions

**Running** – Running is always more fun with a partner and helps to hold you accountable. Pro Fitness' trainers are happy to run with you to push you harder or to just talk and enjoy the run, you choose.

- 30 minute ride - one session
- 60 minute ride – two sessions

**“On Your Own” Workout** – For those times when you just can't make it to the gym or when you want to workout in the gym by yourself, a trainer creates a workout routine using available equipment, tailored to your needs. You don't have equipment, no problem, a workout routine is created using only body weight exercises.

- Each workout plan – one session