



## CUSTOMIZED MEMBERSHIP

- A Troy City Fitness Strategy Session designed to direct your group fitness experience.
- Individualized program design written specifically for your goals and updated every 4 weeks as you progress.
- (4) semi-private training sessions to teach you your monthly program.
- Unlimited access to our high-energy group fitness classes.
- Use of our state of the art heart rate monitoring system.
- **Metabolic** classes are our version of a cardio workout. Monitored by individual heart rate, they burn calories and get your metabolism revving.

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 \$89 initial investment - \$197 x 12 months

## CUSTOMIZED ELITE MEMBERSHIP

*Includes all the benefits of our Essentials Membership **PLUS:***

- 2x/week customized sessions with a coach
- A Bluetooth® heart rate monitor that syncs to our system to help motivate you through your workout.

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 \$89 initial investment - \$297 x 12 months

## ELITE UPGRADE

- Unlimited customized sessions with a coach
- Unlimited use of the gym
- Our coaches will always be present to assist you with your individual program.

→ **OUR MOST POPULAR OPTION:** ←

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 Customized Elite + \$100 x 12 months



**To say "thank you" for enrolling today we would like to set you up with everything you need to be successful:**

**Your "let's get started today" gift package includes:**

- A gift certificate for a compression or oxygen therapy session at Troy City Cryolounge.
- A \$10 gift card that can be used towards any purchase in the gym.
- The Troy City Fitness "Head Start" gift tote which includes a t-shirt, water bottle, and sample of all the protein rich snacks we have to offer.

**TOTAL VALUE: \$197 – YOURS FREE FOR ENROLLING NOW!**

## ESSENTIALS MEMBERSHIP

- A Troy City Fitness Strategy Session designed to direct your group fitness experience.
- Unlimited access to our high-energy group fitness classes.
- Weekly food journal feedback with a goal to adopt a lifestyle based diet.
- Monthly Inbody assessments and body measurements to make sure you stay on track.
- **HIIT** classes are our version of a cardio workout. High intensity intervals give you the best of both worlds by training at high and low intensities to optimize fat loss and promote an increased metabolism.
- **Cardio Strength** classes are the perfect combination of cardio and strength to help build and preserve muscle. The combination of these two classes are everything you'll need to see great results.
- **Kickboxing** classes where you'll learn the basics of kickboxing while blowing off some steam and having an amazing workout. This full body exercise is 45 minutes of moderate to high intensity intervals to give you a quick sweat when you need it.



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**\$89 initial investment - \$127 x 12 months**

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