



## ESSENTIALS MEMBERSHIP

- A Troy City Fitness Strategy Session designed to direct your group fitness experience.
- 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.
- **Total Body** classes are the #1 priority to burn calories and build lean muscle to boost your metabolism for the long term.

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\$89 initial investment - \$147 x 12 months

## CUSTOMIZED MEMBERSHIP

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

- 1x/week customized sessions with a coach
- Individualized program design written specifically for your goals, and updated every 4-6 weeks as you progress.

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

## ELITE UPGRADE

- 3x/week 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 Membership + \$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 20-minute Precision Nutrition consultation
- A gift certificate for a full body Cryotherapy session at Troy City Cryo Lounge
- 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, perfect foods bar and specialized multivitamin

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