



Welcome to the Family!

We're so glad you're here! Before we start *achieving* your goals, learn more about our memberships and classes.

MEMBERSHIPS: (Enrollment fee \$20)

Adult Memberships

\$169 per month (month to month membership)

\$139 per month (12-month contract)

Youth Memberships (4th grade – college)

\$149 per month (month to month)

\$119 per month (12-month contract)

DISCOUNTS & REWARDS:

Military Discount

\$20 off per month

Family Discount

2nd family member - \$20 discount

3rd family member - \$40 discount

4th or any additional family member - FREE

REWARDS PROGRAM

1st Referral of paying client = FREE merchandise

2nd Referral of paying client = 1 FREE month

3rd Referral of paying client = 2 FREE months

4th Referral of paying client = 5 FREE months

5th Referral of paying client = 1 FREE YEAR

CLASSES:

ACHIEVE Strength Endurance (ASE)

An intense group training interval workout for endurance and muscular strength that focuses on training for the rigors of everyday life utilizing bodyweight, weights, and variable resistance. This daily class will push you and get your body in the best shape of your life.

Sessions: Monday-Friday at 5:00 am & 9:00 am

Ripped HD

A class focusing on improving strength in many forms utilizing barbells, dumbbells, kettlebells, body weight, and more. This class will help develop strength, power, and speed while getting you in shape and losing extra fat. Great class for athletes of all ages.

Sessions: Monday-Friday at 6:00 am

Sports Strength & Conditioning (SSC)

A class focusing on gaining the strength, power, speed, and agility used to dominate your sport of choice. Whether you are in season or preparing for next season, this will give you the edge you need to blast past your competition. Youth and adults welcome.

Sessions: Monday-Friday at 6:00 am, Monday-Thursday at 4:30 pm, & Friday at 4:00 pm

Athlete Evolution

This class focuses on the young athlete just beginning a strength program. Concentration will be on proper lifting mechanics, running form, and giving the young athlete a progressive platform to ACHIEVE to the Sports Strength & Conditioning Class.

Sessions: Monday-Thursday at 4:30 pm & Friday at 4:00 pm

Yoga

DDP (Diamond Dallas Page) Yoga is a revolutionary style of yoga for a variety of levels. This yoga class focuses on the understanding that physical and mental well-being work together equally to create long-lasting improvement.

Sessions: Saturday at 7:00 am