

# JANUARY 2021 INVOICE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
				1	Sat 2
					NO CLASSES
				NO CLASSES	Sun 3
4	5	6	7	8	Sat 9
○ 8:30AM - Bodies in Motion - Nicki	○ 5:45AM - DF Team Training - Kerri	○ 8:30AM - Bodies in Motion - Nicki	○ 5:45AM - DF Team Training - Kerri	○ 8:30AM - Spin & Strong - Nicki	○ 9AM - DF Step - Nicki
○ 9:15AM - DF Team Training - Kerri	○ 7AM - Bodies in Motion - Kerri	○ 9:15AM - DF Team Training - Kerri	○ 7AM - Bodies in Motion - Kerri	○ 9:15AM - DF Team Training - Kerri	○ 9AM - DF Team Training - Dakota
○ 6PM - DF Team Training - Lisa	○ 8:30AM - DF Step - Nicki	○ 6PM - Abs n Arms - Lisa	○ 8:30AM - Indoor Cycling - Kerri		
○ 6PM - 30 MIN Beginner Spin - Nicki	○ 5PM - DF Team Training - Barbell - Kerri		○ 5PM - DF Team Training - Barbell - Kerri		Sun 10
	○ 6PM - Butts n Gutts - Lisa		○ 6PM - DF Team Training - Sage		
	○ 6PM - DF Team Training - Sage		○ 6PM - Indoor Cycling - Nicki		○ 8:30AM - DF Step - Nicki
11	12	13	14	15	Sat 16
○ 8:30AM - Bodies in Motion - Nicki	○ 5:45AM - DF Team Training - Kerri	○ 8:30AM - Bodies in Motion - Nicki	○ 5:45AM - DF Team Training - Kerri	○ 8:30AM - Spin & Strong - Nicki	○ 9AM - Aerobic Intervals - Lisa
○ 9:15AM - DF Team Training - Kerri	○ 7AM - Bodies in Motion - Kerri	○ 9:15AM - DF Team Training - Kerri	○ 7AM - Bodies in Motion - Kerri	○ 9:15AM - DF Team Training - Kerri	○ 9AM - DF Team Training - Dakota
○ 6PM - DF Team Training - Lisa	○ 8:30AM - DF Step - Nicki	○ 6PM - Abs n Arms - Lisa	○ 8:30AM - Indoor Cycling - Kerri		
○ 6PM - 30 MIN Beginner Spin - Nicki	○ 5PM - DF Team Training - Barbell - Kerri		○ 5PM - DF Team Training - Barbell - Kerri		Sun 17
	○ 6PM - Butts n Gutts - Lisa		○ 6PM - DF Team Training - Sage		
	○ 6PM - DF Team Training - Sage		○ 6PM - Indoor Cycling - Nicki		
18	19	20	21	22	Sat 23
○ 8:30AM - Bodies in Motion - Nicki	○ 5:45AM - DF Team Training - Kerri	○ 8:30AM - Bodies in Motion - Nicki	○ 5:45AM - DF Team Training - Kerri	○ 8:30AM - Spin & Strong - Nicki	○ 9AM - Aerobic Intervals - Kerri
○ 9:15AM - DF Team Training - Kerri	○ 7AM - Bodies in Motion - Kerri	○ 9:15AM - DF Team Training - Kerri	○ 7AM - Bodies in Motion - Kerri	○ 9:15AM - DF Team Training - Kerri	○ 9AM - DF Team Training - Dakota
○ 6PM - DF Team Training - Lisa	○ 8:30AM - DF Step - Nicki	○ 6PM - Abs n Arms - Lisa	○ 8:30AM - Indoor Cycling - Kerri		
○ 6PM - 30 MIN Beginner Spin - Nicki	○ 5PM - DF Team Training - Barbell - Kerri		○ 5PM - DF Team Training - Barbell - Kerri		Sun 24
	○ 6PM - Butts n Gutts - Lisa		○ 6PM - DF Team Training - Sage		
	○ 6PM - DF Team Training - Sage		○ 6PM - Indoor Cycling - Nicki		○ 8:30AM - DF Step - Nicki
25	26	27	28	29	Sat 30
○ 8:30AM - Bodies in Motion - Nicki	○ 5:45AM - DF Team Training - Kerri	○ 8:30AM - Bodies in Motion - Nicki	○ 5:45AM - DF Team Training - Kerri	○ 8:30AM - Spin & Strong - Nicki	○ 9AM - Aerobic Intervals - Lisa
○ 9:15AM - DF Team Training - Kerri	○ 7AM - Bodies in Motion - Kerri	○ 9:15AM - DF Team Training - Kerri	○ 7AM - Bodies in Motion - Kerri	○ 9:15AM - DF Team Training - Kerri	○ 9AM - DF Team Training - Dakota
○ 6PM - DF Team Training - Lisa	○ 8:30AM - DF Step - Nicki	○ 6PM - Abs n Arms - Lisa	○ 8:30AM - Indoor Cycling - Kerri		
○ 6PM - 30 MIN Beginner Spin - Nicki	○ 5PM - DF Team Training - Barbell - Kerri		○ 5PM - DF Team Training - Barbell - Kerri		Sun 31
	○ 6PM - Butts n Gutts - Lisa		○ 6PM - DF Team Training - Sage		
	○ 6PM - DF Team Training - Sage		○ 6PM - Indoor Cycling - Nicki		

CLASS:	COST/CLASS	TOTAL COST
30 MIN Spin	\$5 X	
Abs n Arms	\$10 X	
Aerobic Intervals	\$10 X	
Bodies In Motion	\$10 X	
Butts n Gutts	\$10 X	
DF Step	\$10 X	
DT Team Training	\$10 X	
Indoor Cycling	\$10 X	
Spin & Strong	\$10 X	

ALL CLASSES SUBTOTAL: \$ _____		
Verified credits prior month: \$ _____		
TOTAL DUE FOR CLASSES: \$ _____		
In order to update your keycard you must circle your membership option. Keycards automatically deactivate in months end if we are not notified to update	If your CLASS TOTAL is:	Your discounted Gym Membership is:
	\$20-\$29	\$20
	\$30-\$39	\$10
	\$40+	FREE
TOTAL DUE FOR MONTH: \$ _____		
NAME: _____		CELL: _____
EMAIL: _____		

"You can have all the results you say you want, or you can have all the reasons why you can't...but you can't have both, REASONS or RESULTS? You Get to Choose!"

You may have a dream, goal, a desire to feel better, to look better, yet you may lack the knowledge, courage, confidence, dedication, or motivation necessary to take the appropriate steps toward achieving the happiness you desire. We believe being fit is for everybody (every body)...

#### JOIN OUR TEAM

...being fit is for everybody (every body)

PREMIER TRAINING PROGRAMS	
Structured, Systematic, Progressive, Quality Programming	
GOLD LEVEL	
Performance Enhancement Professionals	
•(Get) FIT ~n~Functional	\$180
Semi-Private	4-6people
Improve bone density, back pain, poor posture, balance, through strategic programming; including flexibility, core strength, resistance exercises.	
days/times	6 Week Commitment. 2x/week.
•Fat Blast BootCamp	\$144
Small Group	6-12 people
Faster way to fat loss; build your fat burning engine with resistance training and short bouts of higher intensity conditioning intervals. A direct path to success.	
days/times	6 Week Commitment. 2x/week.
•Barbells and Body Composition	\$144
Small Group	6-12 people
Properly lift with barbells: olympic weightlifting, powerlifting and accessories. Total body, multi-planar movements, for a stronger, more confident you.	
days/times	6 Week Commitment. 2x/week.
SILVER LEVEL	
Performance Enhancement Professionals	
•DF TEAM TRAINING	UP to \$10/session
Metabolic Conditioning / Resistance training packaged into purposeful workouts.	
Total Body Training:	Metcon Focus: more continuous movement
	Resistance Focus: more strength some conditioning
•Bodies in Motion	UP to \$10/session
Specialized Group Training	
Special Populations , may require modifications, but open to all adults	
Improving bone density, muscle tone, flexibility, balance, overall health for optimal body and mind fitness. Fun exercise class, including heart, lungs, mind and muscles!	
BRONZE LEVEL	
Certified Group Exercise Instructors	
We run Monthly Membership Specials here... Flat fee: all access to bronze level general group exercise . Check Class Schedule regularly, as these classes may be modified each month.	
•General Group Exercise	\$50/month
a fun way to get more activity into your day and burn extra calories	
• Barre Fusion	• Yogaish
• Spin & Strong	• DF STEP
• Butts & Gutts	• Abs & Arms
	• Spinning
	• Aerobic INTERVALS
	• Core
These classes are available with the bundle package pricing.	
Discounted Bundle Training Session Packages	
Holiday Specials	
• Year of Bronze	\$550
• 100 sessions	\$775 (\$7.75)
• 75 sessions	\$600 (\$8.00)
• 50 sessions	\$412 (\$8.25)
As Needed	
• 16 sessions	\$136 (\$8.50)
• 12 sessions	\$108 (\$9)
• 8 sessions	\$ 76 (\$9.50)
• 4 sessions	\$ 40 (\$10)

Enrollment Required. No class Bundle Packages.

Discounted Bundle Packages Available



Specialized Programming | Transform Yourself | Achieve Optimal Health

Do you want to be successful? Or Keep Going in Circles?

## Dedicated to Helping You Achieve Your Goals

Our training takes you from your current state of health to above and beyond what you've ever deemed possible!

The training center is designed ONLY for individuals willing to Dedicated themselves to achieving their goals. You can decrease the risk of developing disease and improve current body conditions such as well being, low back pain, blood pressure, cholesterol, body fat, bone & muscle density, flexibility, balance, resting heart rate, sleep.

#### Why Choose Gold?

Our performance enhancement professionals are Masters of Exercise Science and Health Promotion. We build safe, progressive programs to help you improve your health and fitness. This setting is more personalized and comfortable when getting started.

#### Why Choose Silver?

You will have a commitment to you, your team and your trainer! Your PEP trainer provides creative, dynamic, challenging workouts and your Team provides motivation, encouragement, empathy and camaraderie.

#### What is Bronze?

A certified group fitness instructor loves to workout and is passionate about inspiring you to exercise too! These instructors provide a fun atmosphere in a group setting for elevating your heart rate and burning some extra calories, to improve your fitness.

Training Options: Adjusted Monthly			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:30 AM Bodies in Motion (Nicki)	5:45A DF Team Training (Kerri)	8:30 AM Bodies in Motion (Nicki)	5:45A DF Team Training (Kerri)
9:15 AM DF Team Training (Kerri)	7:00A Bodies in Motion (Kerri)	9:15 AM DF Team Training (Kerri)	7:00A Bodies in Motion (Kerri)
6:00 PM DF Team Training (Lisa)	8:30A DF STEP (Nicki)		8:30A Indoor Cycling (Kerri)
6:00 PM Fat Blast Boot Camp (Sage)	5:00P DF Team Training (Kerri)	6:00P Fat Blast Boot Camp (Sage)	5:00P DF Team Training (Kerri)
6:00 PM Beginner Spin 30min (Nicki)	6:00P DF Team Training (Sage)	6:00P Abs & Arms (Lisa)	6:00P DF Team Training (Sage)
	6:00P Butts & Gutts (Lisa)		6:00P Indoor Cycling (Nicki)
	7:00P Barbells & Body Comp (Dakota)		7:00P Barbells & Body Comp (Angela)
FRIDAY	SATURDAY	SUNDAY	
8:30 AM Spin & Strong (Nicki)	9:00A Aerobic INTERVALS (rotating)	8:30 AM DF STEP (Nicki)	
9:15 AM DF Team Training (Kerri)	9:00A DF Team Training (Dakota)		