Locker Room Health & Fitness Club, Ltd.

Personal Training Fitness , Nutrition & Wellness Packages

Service Package **-** ***One Hour Sessions***	Members	Non-Members
Fitness Assessment & Wellness Consultation	$75	$125
Personal Training &/or Nutritional Wellness Consultation	$75	$90
Fascial Release with Amanda - one one one	$75	$90
One Hour Personal Training, Nutrition Coaching OR Fascial Release	$75	$90
Package of 5 Personal Training, Nutrition Coaching OR Fascial Release	$300	$450
Package of 10 Personal Training, Nutrition Coaching OR Fascial Release	$600	$900
Package of 15 Personal Training, Nutrition Coaching OR Fascial Release	$825	$1125
Package of 20 Personal Training, Nutrition Coaching OR Fascial Release	$1000	$1400

Service Package - Half Hour Sessions	Member	Non-Member
Half Hour Personal Training or Nutrition Consultation	$50	$75
Half Hour Personal Training or Nutrition Coaching OR Fascial Release	$50	$75
Package of 5 Half Hour Personal Training and/or Nutrition Coaching OR Fascial Release	$175	$275
Package of 10 Half Hour Personal Training and/or Nutrition Coaching OR Fascial Release	$350	$550
Package of 15 Half Hour Personal Training and/or Nutrition Coaching OR Fascial Release	$525	$825
Package of 20 Half Hour Personal Training and/or Nutrition Coaching OR Fascial Release	$700	$1000

Group Specialty Program Packages	Member	Non-Member
Cycle Strength with Amanda 4 weeks 2x per week 3-6 participants	$299	$499
Sports Performance Program with Amanda 4 weeks 2x per week 3-6 participants	$299	$499
TRX - Suspension Training with Amanda 4 weeks 2x per week 3-6 participants	$299	$499
Fascial Release class with Amanda 4 weeks 2x per week 3-6 participants	$299	$499
Learn to Lift with Kelly Duration 4 weeks 2-hr sessions a week 1-6 participants	$299	$499
8 Week Transformation Challenge with Kelly Includes: workout plan, meal plan , 4 personal training sessions, before and after pictures - per person individual programming.	$420	$520

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Specialty Program Descriptions	Member	Non -Member
Cycle Strength with Amanda 4 weeks 2x per week 3-6 participants	$299	$499
CYCLE STRENGTH A dynamic group specialty 4 week program that combines the invigorating benefits of targeted strength training exercises for any cyclist. High-energy sessions is designed to challenge participants both aerobically and anaerobically, participants will experience well-rounded workouts that not only boosts overall fitness but also leaves them feeling empowered and accomplished. Whether you're a seasoned cyclist or new to the fitness scene, Cycle Strength offers a fun and effective way to elevate your indoor or outdoor cycling experience . Join us for a transformative experience that pushes boundaries and unlocks your full potential!		
Sports Performance Program with Amanda 4 weeks 2x per week 3-6 participants	$299	$499
SPORTS PERFORMANCE PROGRAM Elevate your game with our specialized Sports Performance Program designed exclusively for dedicated athletes. This comprehensive group program focuses on enhancing key aspects of performance during the off-season period, ensuring you're in peak condition for the next season. Tailored strength training routines targeting sport-specific muscle groups to enhance explosiveness, agility, and overall power on the field, court, ice, track or hill. Flexibility and Mobility Stretching routines and mobility exercises to improve range of motion, reduce injury risk, and enhance recovery between games or competitions. Nutritional Guidance, advice on optimal nutrition for fuelling performance, recovery, and overall health. Structured programming to ensure progressive overload and peak performance at key intervals leading up to the start of the new season. Join our Sport Performance Program and take your game to new heights. Whether you're a seasoned athlete or just starting out, this program is designed to give you the competitive advantage you need to dominate your sport!		
TRX - Suspension Training with Amanda 4 weeks 2x per week 3-6 participants	$299	$499
TRX group specialty fitness classes are an engaging and dynamic workout experience that utilizes the TRX Suspension Trainer. This versatile piece of equipment leverages gravity and your body weight to develop strength, balance, flexibility, and core stability. In this class, you'll perform a range of exercises targeting various muscle groups, incorporating elements of cardio, resistance training, and functional movements. Led by a certified instructor, participants can expect a challenging yet adaptable session suitable for all fitness levels. Get ready to tone, sculpt, and enhance your overall fitness with the TRX group specialty class!		
Fascial Release class with Amanda 4 weeks 2x per week 3-6 participants	$299	$499
Fascial Release class focuses on improving flexibility, mobility, and reducing tension within the body's fascial system. Fascia is a connective tissue that surrounds muscles, bones, and organs. This class employs specialized techniques and tools like foam rollers, massage balls, and stretches to target and release areas of tightness and restriction. Participants can expect a gentle yet effective approach that helps alleviate discomfort, increase range of motion, and promote overall well-being. Whether you're an athlete looking to enhance performance or someone seeking relief from everyday tension, this class offers a rejuvenating experience for body and mind. Join us for a session dedicated to enhancing your fascial health and promoting a greater sense of freedom in movement.		
Learn to Lift with Kelly Duration 4 weeks 2-hr sessions a week 1-6 participants	$299	$499
Knowledge is Power and knowledge when adding a resistance program to your life is essential. This efficient and effective “Learn to Lift” Program is designed to teach the fundamentals of proper lifting techniques with safety, proper form and effective training as the focus. Compound movements need not be intimidating or complicated, inefficient and potentially dangerous once you learn the “how to” specially tailed to how your body moves. Static and Dynamic Postural Assessments will customize these movements to “fit your body”.		
8 Week Transformation Challenge with Kelly Includes: workout plan, meal plan , 4 personal training sessions, before and after pictures - per person individual programming.	$420	$520
Join our 8 WEEK TRANSFORMATION CHALLENGE and take your workouts the next level. Whether you're a seasoned fitness enthusiast or just starting out, this program is designed to give you the tools and knowledge you need to reach your goals. 8 WEEK TRANSFORMATION CHALLENGE INCLUDES: a workout plan, meal plan , 4 personal training sessions , before and after pictures		

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