

# The FIRM U

A CLINICAL FITNESS STUDIO

## PERSONAL TRAINING & CLIENT MEMBER SERVICE MENU

### Personal Training Master Clinical Fitness Trainer

#### Minimum Credentials:

- Three valid National Commission for Certifying Agencies (NCCA) accredited national certification and/or 4-year degree in Exercise Science or kinesiology.
- Minimum of 5 years' Personal Training experience
- Current C.P.R. and AED certifications

For best results, we recommend three personal training sessions per week. Sessions are purchased in advance in blocks of 12 sessions.

12 Sessions:	\$1,548
Per Hour:	\$129
Monthly Gym Fee:	\$45

### Personal Training Clinical Fitness Trainer

#### Minimum Credentials:

- One valid National Commission for Certifying Agencies (NCCA) accredited national certification and/or 4-year degree in Exercise Science or kinesiology
- Minimum of 1 year Personal Training experience
- Current C.P.R. and AED certifications

For best results, we recommend three personal training sessions per week. Sessions are purchased in advance in blocks of 12 sessions.

12 Sessions:	\$1,188
Per Hour:	\$99
Monthly Gym Fee:	\$45

### Duo/Trio Groups

Have two or three of your friends or family members join you! For best results, we recommend personal training three times a week. Sessions are purchased in advance in blocks of 12 sessions.

#### Duo Package:

12 Sessions:	\$1,920 for the duo
Per Hour:	\$80 per person
Monthly Gym Fee:	\$45 per person

#### Trio Package:

12 Sessions:	\$2,160 for the trio
Per Hour:	\$60 per person
Monthly Gym Fee:	\$45 per person

### Gym Memberships

The FIRM U gym membership is designed for individuals who have completed 12 to 36 sessions with a FIRM U Trainer. The program supports you through your own workout and helps you chart your progress without a trainer. The Member is entitled to access to the gym at the posted hours of operation. If the member is interested, one of our Clinical Fitness Trainers can monitor your progress with our Tanita Body Composition Analyzer and/or by brief fitness consultations. Memberships are limited to a total of 20 so we may keep our facility semi-private.

\$99 per month without a personal training program
\$45 per month with a personal training program

### Strawberry Laser Lipo

Imagine the results of liposuction without surgery. This groundbreaking treatment offers non-invasive, instant inch loss without pain or downtime. You may spend hours in the gym or follow the strictest of diets, and still have fat pockets that exercise and calorie control simply cannot shift. In 8 treatments this could be a thing of the past. Works on the stomach, hips, thighs, back, buttocks, "moobs," knees.

#### Single Session - \$250

One (1) 20-minute treatment (can be applied to the 8-session package)

#### Package of 8 Sessions - \$1,800

Eight (8) 20-minute treatments (suggested treatment frequency, every other day)

### Fit N Firm Foods

Fit N Firm Foods was launched in response to high interest of our clients for meal options that fit The FIRM U's anti-inflammatory nutrition mission. No time to cook or looking for a quick healthy meal? Skip the foods from local fast food restaurants which are laden with trans fats and saturated fats, high carbs and calories, and inflammation. Instead, stop in at The Firm U to pick up a delicious, freshly prepared meal that will leave you feeling full and satisfied. One order is an adequate serving for men, and women can get two meals from one order. Visit [www.fitnfirmfoods.com](http://www.fitnfirmfoods.com) to order.

Breakfast	\$9
Chicken Entrees	\$12
Beef/Fish/Shrimp Entrees	\$13

Discounts per meal when ordering 3 (5%) or 5 (10%) of the same meal.

16 January 2018