

NO EXCUSE

FITNESS & TRAINING

www.just-great-results.com email@ just_results@hotmail.com
289-439-4953

FLIP (Fitness & Lifestyle Improvement Plan)-Group Packages

UNLIMITED GROUP SESSIONS & OPEN GYM	MONTHLY PAYMENT	DISCOUNT RATES FOR BANYON, CITY OF HAMILTON, ST. JOE'S & STUDENTS
1 MONTH	\$175	\$160
6 MONTH AUTOPAY	\$150	\$140
12 MONTH AUTOPAY	\$130	\$120
Includes monthly progress assessment, meal plan & access to open gym with towel service		Includes monthly progress assessment, meal plan & access to open gym with towel service

DROP IN PASSES-3 month expiration	PRICE
1 GROUP SESSION	\$20
10 GROUP SESSIONS	\$150
20 GROUP SESSIONS	\$280
Full gym access not included	

KIDS BOXING/FUNCTIONAL	6-9 YRS OLD	10-13 YRS OLD
DROP IN	\$20	\$20
1 CLASS PER WEEK	\$65	\$70
2 CLASSES PER WEEK	\$75	\$80
3 CLASSES PER WEEK	\$85	\$90

COUPLES & FAMILY RATES (must all reside at the same address)	DISCOUNT
COUPLE RATES	25% off 2 nd family member
Must go on 6 month or 12 month autopayment for family rate to apply.	35% off 3 rd family member 50% off 4 th + family member

SPORTS TEAMS/GROUPS/EVENT PRICING \$150/hour (based on a team or group of 20 or less)

ALL ABOVE INCLUDES BOXING

FLIP - ONE ON ONE PACKAGES	RATES
1 Personal Training Session	\$70
5 Personal Training Sessions	\$65
10 Personal Training Sessions	\$60

PREFERRED RATES FOR AUTOPAY PACKAGES (6 MONTHS)	RATES
2 Days a Week	\$58
3 Days a Week	\$55
4 Days a Week	\$48

PREFERRED RATES FOR AUTOPAY PACKAGES (12 MONTHS)	RATES
2 Days a Week	\$55
3 Days a Week	\$50
4 Days a Week	\$45

