



InGear Fitness Investment Sheet

We believe that the best investment is one made in yourself. An investment made in your health and fitness will give you continuous returns throughout life.

All memberships are charged on a **monthly basis (billed every 4 weeks)** via automatic credit or debit card payment and **ALL** memberships include **24/7 access** to the gym.

No Contracts, No Initiation Fees, No Annual Fees, and No Cancellation Fees.

\$15 One Time Key Fob Fee (If Key Fob Is Lost, **\$15** Charge For Replacement Fob)

Open Gym

\$69.99+ tax per month

2 Week Trial Pass

\$20 (Will be **credited** toward membership after trial)

Semi-Private Coaching (Group of 2-5) (Sessions Are 50 Minutes In Length)

One Session Per Week	\$65 per week	With Nutrition Coaching:	\$102 per week
Two Sessions Per Week	\$95 per week	With Nutrition Coaching:	\$132 per week
Three Sessions Per Week	\$125 per week	With Nutrition Coaching:	\$162 per week

Private Coaching (One On One) (Sessions Are 50 Minutes In Length)

One Session Per Week	\$90 per week	With Nutrition Coaching:	\$127 per week
Two Sessions Per Week	\$150 per week	With Nutrition Coaching:	\$187 per week
Three Sessions Per Week	\$200 per week	With Nutrition Coaching:	\$237 per week

All Coaching Memberships Include An Initial Fitness Assessment, Individualized Training Program, & 24/7 Gym Access.

G.E.A.R. Fitness Classes (Classes Are 50 Minutes In Length)

Unlimited Classes + 24/7 Open Gym	\$50 per week
Unlimited Classes Add On (For Coaching Memberships Only)	\$28 per week
Single Class Drop In	\$15 (members)
Single Class Drop In	\$20 (non-members)

Take your fitness to the next level alongside other motivated individuals in a group atmosphere. From progressive strength training, to core training, to HIIT cardio, our coaches will have you working safely and effectively to achieve what you once thought was impossible. Our G.E.A.R. Fitness classes are designed for 10 individuals and under so each person can truly train correctly and reach new heights without getting lost in a crowd.

Class Times:
Mondays, Wednesdays, & Fridays: 6:00AM
Mondays, Tuesdays, & Thursdays: 6:00PM
Saturday's: 9:00AM

Get-In-Gear Starter Pack

\$85 (one time fee)

Includes: Detailed Fitness Assessment With FMS Movement Screen, 1 Private Coaching Session, 1 G.E.A.R. Fitness Class, & 2 Weeks of 24/7 Gym Access

Nutrition Coaching

\$75 per week

Finally reach your body composition goals by taking control of your nutrition and internal health. Our coaches will help you establish healthy habits that are sustainable long term, while getting you towards your goals through proper nutrition, correct portion sizes, and all natural supplements that support optimal health. Diets do not work long term, which is why we focus on lifestyle change, mindset change, and healing your gut so you can look and feel your best.

To kick start your nutrition coaching and build a solid foundation, try our **30 Days Of Healthy Living** program. It's a 30 day whole food eating plan geared towards improving the gut and optimizing internal health. You can eat as much as you need of almost any fruit and veggie, most proteins, and we supplement with 100% natural and vegan Arbonne supplements. These botanicals are the cleanest we have found, and they taste great. We avoid a few foods that cause inflammation and we focus on gut health. This is not a diet, rather a lifestyle change to achieve both optimal health and aesthetics.

Specialty Services

Interactive Neuromuscular Stimulus (INS) Training

The NXPro uses an **Interactive Neuromuscular Stimulus (INS)** which emits two currents: a high frequency alternating current and a low frequency pulse direct current. INS creates a balance on both ends of muscular contraction by enabling the muscle to maximally lengthen, and then create a subsequent maximal contraction. INS allows our Certified Exercise Therapist to search the client's body and identify not only the area of known dysfunction, but also the undetected dysfunctional tissue causing the pain. If the area of pain is treated without treating the root cause, the relief will only be temporary. It is imperative that the root cause be located in order to achieve successful rehabilitation, and INS does just that: the technology innervates muscle tissue in the area of dysfunction and the individual muscle at the root cause of the pain can be identified.

In other words, NXPro turns your muscles “on” during training or rehabilitation. By placing the gel pads on the targeted muscles and working through a full range of motion, we are able to stimulate that muscle to contract and lengthen in a far more efficient way.

While in use, the NXPro will send a continuous electrical current to the area being targeted. This will send a signal to the brain to increase the amount of muscle fibers being used while training. This will enable the client to achieve better results at a faster rate whether they are training to increase performance, improve muscular development, or rehabilitate an injury.

This advanced technology aids in recovery, increases mobility, stimulates blood flow, improves flexibility, stimulates muscle hypertrophy, and enhances overall performance.

Private Coaching (One On One) (Sessions Are 50 Minutes In Length)

Individual Session	\$115 (one time fee)
One Session Per Week	\$100 per week
Two Sessions Per Week	\$160 per week
Three Sessions Per Week	\$210 per week

Prices are reduced by **10%** if you are already an active Semi Private or Private Coaching client.

Massage Therapy

Specializing In Deep Tissue, Trigger Point Therapy, Myofascial Release, IASTM, Cupping, Prenatal, Lymphatic Drainage, Swedish, and Sports Massage

1 Hour Massage	\$100 per session
1.5 Hour Massage	\$140 per session
2 Hour Massage	\$180 per session

Package of 4 Sessions (15% Off)

1 Hour Massage	\$85 per week
1.5 Hour Massage	\$119 per week
2 Hour Massage	\$153 per week