

★ Introducing the Hybrid Assisted Living Fitness Subscription ★

Wellness, Movement & Connection—Made Simple for Group Homes!

✓ What You Get Every Month:

🎧 12 Professionally Guided Chair Exercise Videos

Easy-to-follow, safe, and FUN workouts designed specifically for seniors—no guesswork, just press play!

👥 2 LIVE, In-Person Group-Led Classes

A certified trainer comes directly to your group home—bringing motivation, joy, and togetherness!

💰 **One Affordable Rate: Just \$249/Month**

(plus the cost of minimal equipment)

That's less than \$9 a day for a complete, structured wellness program—designed to keep residents moving, thriving, and engaged!

★ Why This Program is a Game-Changer:

Perfect for Tight Budgets → A professional program without the high cost of multiple trainers.

Turnkey Simplicity → Plug-and-play videos + in-person guidance = NO extra planning.

Engagement That Lasts → Fresh, NEW content each month to keep energy high and boredom low.

Confidence & Safety → Programs created by a certified senior exercise specialist who understands mobility, strength, and independence.

Connection & Fun → Residents move together, laugh together, and feel supported.

🚀 Don't Miss Out

This is the only hybrid fitness program designed just for group homes and senior living—and at this price, it won't last long.

✉ Fax Back Today, Call Now OR Email US:

☎ **480-292-4651**

Fax: **602-417-1910**

✉ annalisa@aljendurance.com

★ ALJ Endurance – Helping Seniors Move, Thrive, and Live Fully.





Fax/Email Back Enrollment Form

Hybrid Assisted Living Subscription Program – \$249/Month

Thank you for your interest in ALJ Endurance's exclusive Hybrid Assisted Living Subscription Program!

Please complete the form below and fax or email it back to us at
602-417-1910/ annalisa@aljendurance.com.

We will contact you within 2 business days to confirm enrollment and answer any questions.

Contact Information

First Name: _____

Last Name: _____

Group Home Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone Number: _____

Email Address: _____

Enrollment Details

- ☐ Please contact us to enroll in the Hybrid Assisted Living Subscription Program at \$249/month (plus equipment).
- ☐ Please contact me with more information before enrolling.

Terms & Agreement

By signing below, I confirm that I am an authorized representative of the above-named group home or facility and request participation or further information about ALJ Endurance's Hybrid Assisted Living Subscription Program.

Signature: _____ Date: _____

Printed Name: _____ Position: _____

 Questions? Call us at 480-292-4651

 Email us at annalisa@aljendurance.com

✨ ALJ Endurance – Helping Seniors Move, Thrive, and Live Fully.