

# MEMBERSHIP The Athlete of Tomorrow

### **Trains Here Today**

Join now and all new members receive 2 FREE Guest Passes

Each new member receives 1 FREE 30- Minute Personal Training Session

#### NEW YEAR INDIVIDUAL MEMBERSHIP

Unlimited Access to Adult Bootcamps
Unlimited Youth Sports Performance Classes
Flexibility - Yoga
WOD and Open Gym Fitness Times
Access to courts during open gym times
Fitness Evaluation and Goal Setting
10% off F5 merchandise
20% Batting Cage Rentals \*new



#### **NEW YEAR FAMILY MEMBERSHIP**

Unlimited Access to Adult Bootcamps
Youth Sports Performance
Flexibility - Yoga
WOD and Open Gym Fitness Times
Access to courts during open gym times
Fitness Evaluation and Goal Setting
10% Discount on F5 merchandise
20% Batting Cage Rentals \*new
20% Discount on Birthday Parties



## PERSONAL TRAINING MEMBERSHIP

Personalized accountability for youth or adults.

\$50.00 Monthly

Does not include access to boot camps or classes. Trainer fees must be drafted with membership.

## SPECIALIZED TRAINING AREAS

Soccer Baseball Basketball Football \$35 - 30 Mins \$60 - 1 Eas**lycul**redule with your trainer.

All Sports Performance Weight Loss/Wellness