



*“Where form meets function”*

**ZERO enrollment fee...  
ALWAYS**

**Free 24-hour Access**

**Free Introductory Personal  
Training session**

### **Membership Rates**

Adult Non-contract	\$55/mo
Adult 1-year	\$45/mo
Student/Military Non-contract	\$50/mo
Student/Military 1-year	\$40/mo
Senior Non-contract	\$25/mo
Family Non-contract	\$150/mo
Family 1-year	\$125/mo

\*unlimited child add-ons 14-18 years old\*

### **Infrared Sauna Therapy**

**INCLUDED** with all current memberships

### **Staffed Hours**

Mon-Fri: 9am-7pm

Saturday: 10am-1pm

### ***Integrative Sport & Physiotherapy***

202 Moravian Valley Rd. J

Waunakee, WI 53597

608-850-4333 or Fax 608-850-6956

Email: [ispwaunakee@gmail.com](mailto:ispwaunakee@gmail.com)

Web: [www.ispwaunakee.com](http://www.ispwaunakee.com)

### **Training Rates**

15-minute Stretch: **\$15**

30-minute Session: **\$40**

12-pack of 30-min: **\$336** (\$28 per)

60-minute Session: **\$60**

12-pack 60-min. w/Programming: **\$600** (\$50 per)

### **Group Fitness**

\*Requires a minimum of 5 participants

10-Pack Punch-Card: **\$100 (\$10 per)**

Drop-in rate: **\$12**

### **Nutritional Consultations and Wellness Assessments**

Fitness professionals here at ISP24 have background in exercise physiology, behavior modification and basic nutritional sciences. We work with clients to establish goals to develop consistency for achieving success. Our consultations include but are not limited to: **body composition analysis** (amount of lean body mass, fat-mass and resting metabolic rate), **goals setting, scheduling strategies, nutritional concepts and recommendations, physical activity recommendations, blood pressure evaluations, resting heart rate and target heart rate evaluation.**

60-minute consultations: \$55/session

3 or more sessions: \$50/session