



“Where form meets function”

24-hour Access

Free Introductory Personal Training session

1-Week FREE TRIAL... to any new guest

Pricing

Day Pass	\$5
1-Week Membership	\$20
Individual, Non-contract	\$60/mo
Individual, 1-year	\$50/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

Monday & Thursday: 4pm-7pm

... or by appointment

Integrative Sport & Physiotherapy

202 Moravian Valley Rd. J

Waunakee, WI 53597

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

Email: ispwaunakee@gmail.com

Web: www.ispwaunakee.com

Training Rates

(Receive 25% off your 1st purchase)

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

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

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

60-minute Session: **\$50**

12-pack 60-min. w/Programming: **\$480** (\$40 per)

Group Fitness

*Requires a minimum of 3 participants

10-Pack Punch-Card: **\$50 (\$5 per)**

Drop-in rate: **\$10**

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: \$50/session

3 or more sessions: \$40/session