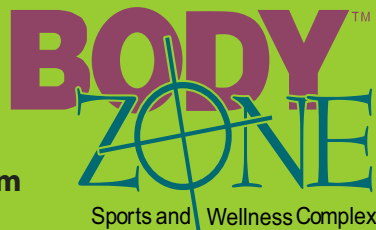


The BZ Philosophy: No Cookie Cutters

It may be simple, but *our* goal is to help you achieve *your* goal.

We don't put our clients through "workout A" or "workout B."
Instead, we take an individualized approach to your training
and throw away the cookie cutter workouts!

Your background, motivation, margins, and goals are
unique to you. Why should your program be the same
as anyone else's?



For more info:
Jason Kelly
jkelly@bodyzonesports.com
610.376.2100

3103 Paper Mill Road
Wyomissing PA 19610

bodyzonesports.com/training

BODY ZONE™

PERSONAL TRAINING

Reach Your Potential



BZ's Personal Training is for you if you are:

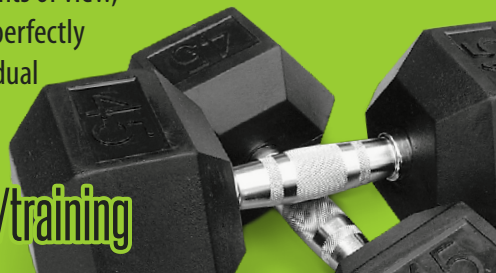
- New to exercising in a gym and unfamiliar with equipment and usage
- Experienced at training, but not seeing the results you are looking for
- Training for an event (marathon, mud run, etc.) or a milestone (wedding, vacation, etc.)
- Bored with your current routine
- Looking for some new and cutting edge training techniques
- Injured and/or following a rehab protocol
- Finding it hard to stay motivated



Our Trainers

Our trainers are the most experienced in the area. We pride ourselves on recruiting fitness professionals with varied backgrounds and approaches to fitness. By having multiple points of view, we ensure that every client is perfectly matched based on their individual needs. Learn more about our training staff:

bodyzonesports.com/training



Personal Training Programs and Pricing

Member Pricing

New Member Special

Three 50-minute sessions - \$159
(must be activated within 30 days and a one-time purchase)

Private Training

Single Sessions:	25-minute - \$40	50-minute - \$60
Five-Session Packages:	25-minute - \$190	50-minute - \$290
10-Session Packages:	25-minute - \$355	50-minute - \$580

Junior Gym Certification Program

For youth members, ages 12-15 to teach them proper and safe usage of fitness equipment, wellness floor etiquette and simple workout progressions to ensure a healthy and enthusiastic fitness journey.

50-minute initial session - \$45 | Junior Gym Special - Three 25-minute sessions - \$79

Non-Member Pricing

Private Training

Single Sessions:	25-minute - \$45	50-minute - \$65
Five-Session Packages:	25-minute - \$215	50-minute - \$315
10-Session Packages:	25-minute - \$400	50-minute - \$630

InBody Body Composition Analysis

(The latest technology used by health care professionals all over the world to accurately and precisely measure body fat + muscle mass + water levels)

One 25-Minute Analysis + Consult — Conducted by a Body Zone Trainer — \$39

Four-Pack Analysis Package — \$100

Includes first test + consult (25 minutes) with a Body Zone Trainer. Remaining three tests will be completed by a Body Zone Member Advisor.

Small Group Training / 10-session Packages

The price is right when you share the investment in a personal trainer with your workout partners. Small Group Training is for groups up to six people with the trainer of your choice. Groups can be private or open to new clients. Our coaches program each session based on group needs and preferences, while scaling movements and weights based on each individual. And the best part . . . the more people in your group, the less you pay per session! Fees for members and non-members.

50 Minute SGT

Number of Members	Price/10 sessions
2	\$350
3	\$300
4	\$250
5+	\$200

25 Minute SGT

Number of Members	Price/10 sessions
2	\$225
3	\$200
4	\$175
5+	\$150