
































CAPITAL DISTRICT  
SPORT & FITNESS



ARE YOU READY TO **GET STRONG** AND **FEEL YOUR BEST**?

|                                     | Adult Group Training Limited   | Adult Group Training Unlimited   | Semi-Private Limited (5)  | Semi-Private Limited (8)  | Semi-Private Unlimited  |
|-------------------------------------|--|--|---|---|---|
| ADULT GROUP TRAINING                | 8/Mo<br> |    |            |    |    |
| SEMI-PRIVATE TRAINING               |         |  | 5/Mo<br> | 8/Mo  |  |
| CUSTOMIZED PROGRAM UPDATED MONTHLY  |         |  |          |  |  |
| WEEKLY ACCOUNTABILITY               |         |  |          |  |  |
| PRIVATE MEMBERS ONLY FACEBOOK GROUP |         |  |          |  |  |
| PROGRAMMING TO DO ON OFF DAYS       |         |  |          |  |  |
|                                     | \$122 MONTH<br>12-Month Commitment   | \$149 MONTH<br>12-Month Commitment   | \$188 MONTH<br>12-Month Commitment  | \$236 MONTH<br>12-Month Commitment  | \$282 MONTH<br>12-Month Commitment  |
|                                     | \$129 MONTH<br>3-Month Commitment  | \$158 MONTH<br>3-Month Commitment  | \$199 MONTH<br>3-Month Commitment   | \$249 MONTH<br>3-Month Commitment   | \$299 MONTH<br>3-Month Commitment   |
|                                     | \$144 MONTH<br>Month-to-Month  | \$175 MONTH<br>Month-to-Month  | \$222 MONTH<br>Month-to-Month   | \$277 MONTH<br>Month-to-Month   | \$332 MONTH<br>Month-to-Month   |