



CAPITAL DISTRICT
SPORT & FITNESS



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

	The Board Limited	The Board Unlimited	Custom Training Limited (4)	Custom Training Limited (8)	Custom Training Unlimited
THE BOARD WORKOUT ACCESS	8/Mo	UNL	UNL	UNL	UNL
CUSTOM TRAINING PROGRAM	X	X	4/Mo	8/Mo	UNL
CUSTOMIZED PROGRAM UPDATED MONTHLY	X	X	✓	✓	✓
WEEKLY ACCOUNTABILITY	✓	✓	✓	✓	✓
PRIVATE MEMBERS ONLY FACEBOOK GROUP	✓	✓	✓	✓	✓
PROGRAMMING TO DO ON OFF DAYS	X	X	✓	✓	✓
	\$137 MONTH 12-Month Commitment	\$168 MONTH 12-Month Commitment	\$190 MONTH 12-Month Commitment	\$264 MONTH 12-Month Commitment	\$317 MONTH 12-Month Commitment
	\$145 MONTH 3-Month Commitment	\$177 MONTH 3-Month Commitment	\$202 MONTH 3-Month Commitment	\$280 MONTH 3-Month Commitment	\$336 MONTH 3-Month Commitment
	\$161 MONTH Month-to-Month	\$196 MONTH Month-to-Month	\$225 MONTH Month-to-Month	\$312 MONTH Month-to-Month	\$373 MONTH Month-to-Month