

# Orlando's Personal Fitness Memberships

## Membership Rates and Policies

All plans have a joining fee. The joining fee covers 1 personal training/orientation session along with a computerized fitness evaluation (Polar body age system by PolarUSA) This evaluation will be used to measure your fitness and wellness progression.

## Setting and Reaching the Goal

Setting and reaching goals first involves accurate testing means. We measure every aspect of the fitness level of every athlete. The more areas you test the more areas you can make improvement on. We use the Polar body age system to measure all of our athletes physical statistics.

The fitness assessment measures:

- Blood pressure
- Body weight and height
- Girth measurements
- Health Risk Appraisal
- Body Fat
- Strength Test
- Cardiovascular Test
- Nutrition Analysis
- Physical Age
- Vo2 Max
- Bicep Strength
- Flexibility
- Bench Strength
- Muscular Endurance

## Private/Unlimited Memberships

Only 200 private memberships are available. There will be a waiting list when these slots are filled. This limited number enables our staff to comfortably service your needs and also ensures a quality of fitness and health for you. Private members enter the facilities through a scan card ID device. private membership hours are from 4 am until 10:30 pm Monday-Friday and 6 am until 8 pm Saturday and Sunday.

## Private Membership Rates

### **Without Personal Training:**

- **Individuals** - \$65 per month plus a \$90 joining fee
- **Family (couple)** - \$85 per month plus a \$130 joining fee (each additional family member is \$20 per month)

### **With Personal Training:**

- **Individuals** - \$55 per month plus a \$45 joining fee plus a per session fee (see below)

- **Family (couple)** - \$75 per month plus a \$65 joining fee (each additional family member is \$20 per month) plus a per session fee (see below)

### **Mid-Day Memberships**

- Mid-day membership hours are 10:00 a.m. - 4:00 p.m. Monday through Friday and 6:00 a.m. to 8:00 p.m. on Saturday and Sunday.
- Corporate mid-day memberships (no weekends) are \$30 per month and a \$65 joining fee
- Individual Mid Day memberships are \$45 per month and a \$90 joining fee.
- Family Mid Day memberships are \$65 per month (for 2 people and \$20 per family member after 2 people) and a \$135 joining fee.

### **Personal Training Rates**

- Single Sessions \$55 each
- Home Sessions \$65 paid on location at time of service
- Total Fitness evaluations \$55 each
- Body Fat Tests \$35 each
- All tests are FREE to Personal Training Individuals

### **Personal Training Rates - Paid in Advance**

- 2 to 8 sessions a month are \$50 per session
- 9 or more sessions a month are \$45 per session
- Partner sessions are \$35 per person, per session
- 1/2 hour strength training (mid-day only) are \$30 per session

### **Pilates Sessions**

Private Pilates sessions are \$55 per session

### **Partner sessions are \$35 per person per session**

### **Small group (4-5 people are \$20 per person per session**

### **Golf Specific Training Sessions**

- 30 minute session is \$30
- 1 hour session is \$50

### **Trainer Assisted Stretching Sessions (30 minutes) are \$35**