



LIFE ALTERING FITNESS

MEMBERSHIP PRICING

GYM ONLY MEMBERSHIP	CLASSES
12 MONTH (contract) \$35	Bootcamp (3 month commitment required) \$75
MONTH TO MONTH (3 month commitment required) \$49	Brazilian Jiu Jitsu \$120
3 MONTH (Prepay) \$150	Muay Thai/MMA \$110
1 MONTH \$60	Kids MMA/Jiu Jitsu \$50
ALL ACCESS (Gym & Unlimited Classes) \$150	
FAMILY add on of 2 or more: \$25 per person	FAMILY add on of 2 or more: \$60
\$10 one-day gym visit \$15 all day class use	CANCELLATION FEE \$50 (3 month commitment) \$125 (12 month contract)

FREE FITNESS ASSESSMENT WITH ANY MEMBERSHIP PURCHASE!

Our Services:

Weight Loss Programs
 Nutrition Coaching
 Personal Training
 Medical Exercise & Post Rehab
 Sport Specific Training
 Competitive Bodybuilding

Classes:

Boot Camps & Cardio Kickboxing
 Strength & Conditioning Boot Camp
 Submission & Grappling Techniques
 Muay Thai Kickboxing
 Boxing & Striking
 Brazilian Jiu Jitsu
 MMA

HOURS OF OPERATION

Monday-Friday 6 am-9 pm
 Saturday 8 am-7 pm
 Sunday 10-7pm

www.LifeAlteringFitness.com
Facebook And Instagram - lifealteringfitness

** Some restrictions apply*