



EXL Fitness Semi-Private Sessions w/ Mat “the trainer”

All clients enjoy...

1. Goal specific workouts designed by a certified personal trainer. Workouts include state of the art core training, cutting edge injury prevention exercises, strength training and energy system development. Ideal for those intimidated by boot camp, have special needs or injuries or specific goals not addressed in boot camp. Or, those that want more personalized.
1. 16 Week Rapid Fat Loss Cardio Program
1. Carb Rotation Diet Program with hundreds of meal plans
1. Online workout videos for use during travel or at home
1. Nutrition session including grocery store tour
1. Initial orientation with measurements and body composition analysis (body fat measurement), anthropomorphic measurements, basic cardio and strength tests
1. Not to mention accountability, camaraderie, fun and RESULTS!!
1. Family and referral discounts available
1. Optional Rapid Fat Burning Cardio Classes and Maximizing Your Metabolism nutrition classes available

12 months	Peak Hours (5-9am, 5-7pm)	Off-Peak (10am-4pm)
1 session	\$69	\$56
4 sessions/month rate	\$276x12= \$3312	\$224x12=\$2688
PIF 30% off	\$2318 (save\$994) \$193/month	\$1882 (\$806 savings) \$157/month
Financed 25% off	\$2484 (save\$828) \$207/month	\$2016 (\$672 savings) \$168/month
8 sessions/month rate	\$552x12=\$6624	\$448x12=\$5376
PIF 30% off	\$4637 (save \$1987) \$386/month	\$3763 (save \$1613) \$314/month
Financed 25% off	\$4968 (save \$1656) \$414/month	\$4032 (save \$1344) \$336/month
*Unlimited/month rate	\$828x12=\$9936	\$672x12=\$8064
PIF 30% off	\$6955 (save \$2981) \$580/month	\$5645 (save \$2419) \$470/month
Financed 25% off	\$7452 (save \$2484) \$621/month	\$6048 (save \$2016) \$504/month

6 months	Peak Hours (5-9am, 5-7pm)	Off-Peak (10am-4pm)
1 session	\$76	\$62
4 sessions/month rate	\$304x6= \$1824	\$260x6=\$1560
PIF 20% off	\$1459 (\$365 savings) \$243/month	\$1248 (\$312 savings) \$208/month
Financed 15% off	\$1550 (\$274 savings) \$258/month	\$1326 (\$234 savings) \$221/month
8 sessions/month rate	\$608x6=\$3648	\$496x6=\$2976
PIF 20% off	\$2918 (save \$730) \$486/month	\$2381 (save \$595) \$397/month
Financed 15% off	\$3101 (save \$547) \$517/month	\$2530 (save \$446) \$422/month
*Unlimited/month rate	\$912x6=\$5472	\$744x6=\$4464
PIF 20% off	\$4378 (save \$1094) \$730/month	\$3571 (save \$893) \$595/month
Financed 15% off	\$4651 (save \$821) \$775/month	\$3794 (save \$670) \$632/month

3 months	Peak Hours (5-9am, 5-7pm)	Off-Peak (10am-4pm)
1 session	\$83	\$69
4 sessions/month rate	\$332x4=\$996	\$276x3=\$828
PIF 12% off	\$877 (\$119 savings) \$293/month	\$729 (\$99 savings) \$243/month
Financed 8% off	\$917 (\$79 savings) \$306/month	\$762 (\$66 savings) \$254/month
8 sessions/month rate	\$664x3=\$1992	\$552x3=\$1656
PIF 12% off	\$1753 (save \$239) \$584/month	\$1457 (save \$199) \$486/month
Financed 8% off	\$1823 (save \$169) \$611/month	\$1524 (save \$132) \$508/month
*Unlimited/month rate	\$996x3=\$2988	\$828x3=2484
PIF 12% off	\$2629 (save \$359) \$876/month	\$2186 (save \$298) \$729/month

1 month	Peak Hours (5-9am, 5-7pm)	Off-Peak (10am-4pm)
1 session	\$89	\$74
4 sessions	\$356	\$296
8 sessions	\$712	\$592
Unlimited	\$1068	\$888

*Unlimited training sessions, boot camps, cardio boot camps and maximize your metabolism courses

Add-ons: can be added onto any of the above training packages.

Cardio Camp 2 x week	+\$59/month
Maximize Your Metabolism Nutrition Course 2 x month	+\$49/month

Bimonthly Empowerment Program†

\$99/month

12 months, month-to-month	\$1188	\$99/month
paid in full	\$831	save 30% (\$357) \$69/month
monthly financing		save 25% (\$297) \$74/month
		(\$225 down + 9 payments of \$74)
6 months, month-to-month	\$594	\$99/month
paid in full	\$475	save 20% (\$119) \$79/month
monthly financing		save 15% (\$90) \$84/month
		(\$168 down + 4 payments of \$84)
3 months, month-to-month	\$297	\$99/month
paid in full	\$261	save 12% (\$35) \$87/month
monthly financing		\$99/month
		(\$148 down 2 payments of \$75)

Accept: Mastercard, Visa, Discover, Check (\$20 service fee per check if financed monthly)

Discounts

1. 25% discount for each additional family member
2. \$50 discount for each referral that signs up (applied to next payment)
3. 15% military or public servant discount
4. \$10 discount for each referral that attends New Camper Orientation (applied to next payment)

*Prices subject to change, check with Mat for the most current rates

†Meet twice monthly one-to-one with trainer. Perform body fat measurements, body measurements, troubleshoot nutrition, receive nutrition lesson, learn home workout complete with online videos, done-for-you meal plans and nutrition program, home cardio program, personal accountability.