



## EXL Fitness Semi-Private Sessions

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

<b>12 months</b>	<b>Peak Hours (5-9am, 5-7pm)</b>	<b>Off-Peak (10am-4pm)</b>
1 session	\$52	\$42
4 sessions/month rate	\$208x12= \$2496	\$168x12=\$2016
PIF 30% off	\$1747 (save\$749) \$146/month	\$1411 (\$605 savings) \$118/month
Financed 25% off	\$1872 (save\$624) \$156/month	\$1512 (\$504 savings) \$126/month
8 sessions/month rate	\$416x12=\$4992	\$336x12=\$4032
PIF 30% off	\$3494 (save \$1498) \$291/month	\$2822 (save \$1210) \$235/month
Financed 25% off	\$3744 (save \$1248) \$312/month	\$3024 (save \$1008) \$252/month
*Unlimited/month rate	\$624x12=\$7488	\$504x12=\$6048
PIF 30% off	\$5242 (save \$2246) \$437/month	\$4234 (save \$1814) \$353/month
Financed 25% off	\$5616 (save \$1872) \$468/month	\$4536 (save \$1512) \$378/month

<b>6 months</b>	<b>Peak Hours (5-9am, 5-7pm)</b>	<b>Off-Peak (10am-4pm)</b>
1 session	\$57	\$46
4 sessions/month rate	\$228x6= \$1368	\$184x6=\$1104
PIF 20% off	\$1094 (\$274 savings) \$182/month	\$883 (\$221 savings) \$147/month
Financed 15% off	\$1163 (\$205 savings) \$194/month	\$938 (\$166 savings) \$156/month
8 sessions/month rate	\$456x6=\$2736	\$368x6=\$2208
PIF 20% off	\$2189 (save \$547) \$365/month	\$1766 (save \$442) \$294/month
Financed 15% off	\$2326 (save \$410) \$388/month	\$1877 (save \$331) \$313/month
*Unlimited/month rate	\$684x6=\$4104	\$552x6=\$3312
PIF 20% off	\$3283 (save \$821) \$547/month	\$2650 (save \$662) \$442/month
Financed 15% off	\$3488 (save \$616) \$581/month	\$2815 (save \$497) \$469/month

<b>3 months</b>	<b>Peak Hours (5-9am, 5-7pm)</b>	<b>Off-Peak (10am-4pm)</b>
1 session	\$63	\$51
4 sessions/month rate	\$252x3=\$756	\$204x3=\$612
PIF 12% off	\$665 ( <b>save \$91</b> ) \$222/month	\$539 ( <b>save \$73</b> ) \$180/month
Financed 8% off	\$696 ( <b>save \$60</b> ) \$232/month	\$600 ( <b>save \$12</b> ) \$200/month
8 sessions/month rate	\$504x3=\$1512	\$408x3=\$1224
PIF 12% off	\$1331 ( <b>save \$181</b> ) \$444/month	\$1077 ( <b>save \$147</b> ) \$359/month
Financed 8% off	\$1482 ( <b>save \$30</b> ) \$494/month	\$1200 ( <b>save \$24</b> ) \$400/month
*Unlimited/month rate	\$756x3=\$2268	\$612x3=1836
PIF 12% off	\$1996 ( <b>save \$272</b> ) \$665/month	\$1616 ( <b>save \$220</b> ) \$539/month
Financed 8% off	\$2087 ( <b>save \$181</b> ) \$696/month	\$1689 ( <b>save \$147</b> ) \$563/month
<b>1 month</b>	<b>Peak Hours (5-9am, 5-7pm)</b>	<b>Off-Peak (10am-4pm)</b>
1 session	\$68	\$55
4 sessions	\$272	\$220
8 sessions	\$544	\$440
Unlimited	\$816	\$660

\*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†**

12 months, month-to-month	\$900	\$75/month
paid in full	\$630	save 30% (\$270) \$53/month
monthly financing		save 25% (\$297) \$56/month
		(\$224 down + 9 payments of \$45)
6 months, month-to-month	\$450	\$75/month
paid in full	\$360	save 20% (\$90) \$60/month
monthly financing		save 15% (\$42) \$68/month
		(\$168 down + 4 payments of \$84)
3 months, month-to-month	\$225	\$75/month
paid in full	\$198	save 12% (\$57) \$66/month
monthly financing		\$75/month
		(\$110 down + 2 payments \$58)

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.