

## Other Services Offered

### WALK IN FEE

*Includes all classes and full weight-room access*

Dailey Walk-In Pass .....	\$15
Week Pass.....	\$45

### CLASS PASS ONLY *(weight-room not included)*

15 Classes.....	\$135
-90 day time limit	
30 Classes.....	\$240
-180 day time limit	

### WATER AEROBIC PASS *(weight-room & BSHF scheduled classes not included)*

<b>Hinges &amp; Twinges ~ 1 month limit</b>	
8 Classes Tue & Thur .....	\$56
<b>Water Aerobics ~ 1 month limit</b>	
12 Classes Mon, Wed & Fri.....	\$78
<b>Un-Limited Water ~ 1 month limit.....</b>	
5 days a week	\$100

### ON SITE MASSAGE

1 1/2 hour.....	\$98
1 hour.....	\$65
1/2 hour.....	\$35

### OFF SITE Watsu

1 1/2 hour.....	\$120
1 hour.....	\$80
1/2 hour.....	\$40

**For all Pre-Paid Memberships and  
EFT Draft Memberships Add  
Unlimited Water Classes For Only  
\$22.00 extra each month.**

### ADVANCED BIO-ELECTRICAL (BIA) Body Impedance Analyzer .....\$45

What is your body's percentage breakdown of muscle mass, fat mass, intercellular water weight and external cellular water weight? Get tested and find out! Included in the test: Print out of how many calories you consume per day to maintain your current body weight and the exact calories you need to reduce by and burn in order to lose weight, how many days it will take to complete your weight loss goals, a full menu with exact portions from all the food groups. With a sample meal plans.

What are you waiting for!  
This takes the guess work out of losing weight.  
You will see results!

### **Personal Training Packages**

#### Personal Training

Do you feel that your not going anywhere, and have reached a plateau? Need motivation? Our personal trainers are what you need!!!!!! Our trainers will help you over that hump. They will motivate you. Soon the weight and inches will disappear. You will be "stronger", your muscles will be more toned, and you will look and feel better. Get a trainer today.

#### Certified Master Trainers

One Hour Session.....	\$60
1/2 hour Session.....	\$30

#### Personal Pilates Coach: (Ask about pricing)

You will be working on the Reformer and the Cadillac in our Private Pilates Studio Located upstairs. Pilates will develop the body uniformly, correct wrong posture, restore physical vitality, invigorate the mind and elevate the spirit. With a pilates coach, your body will feel stronger, leaner and more balanced. You will enjoy better health and posture. A session will leave you anticipating your next visit.

Ask about our payment plans to make  
Personal Training more affordable!!

*Gym membership includes: All BSHF scheduled classes, a free personal training session and BSHF full service weight-room.*

### Year Memberships Paid monthly by Electronic Funds Transfer (E.F.T.)

Individual.....	\$57 per month
Couple.....	\$81 per month
Family.....	\$110 per month

### Pre-paid Memberships

<u>One month</u>	
Individual.....	\$67

<u>3 months</u>	
Individual.....	\$191
Couple.....	\$320
Family.....	\$406

<u>6 months</u>	
Individual.....	\$362
Couple.....	\$598
Family.....	\$692

<u>One year</u>	
Individual.....	\$659
Couple.....	\$947
Family.....	\$1,300

**\$50 Start-Up Fee  
For All Memberships**