

Gym membership includes: All BSHF scheduled classes, except for water classes, A free personal training session and BSHF full service weight-room.

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

Individual.....\$59 per month
 Couple.....\$83 per month
 Family.....\$112 per month

Pre-paid Memberships

One month
 Individual.....\$69

3 months
 Individual.....\$193
 Couple.....\$322
 Family.....\$408

6 months
 Individual.....\$364
 Couple.....\$600
 Family.....\$694

One year
 Individual.....\$688
 Couple.....\$976
 Family.....\$1,324

\$50 Start-Up Fee for all Memberships

Other Services Offered

Walk in Fees

Includes all classes and full weight-room access

Dailey Walk-In Pass\$15
 Week Pass.....\$47

Class Passes 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)*

Hinges & Twinges ~ 1 month limit
 8 Classes.....\$58

Water Aerobics ~ 1 month limit
 12 Classes Mon, Wed, & Fri.....\$80

Un-limited Water ~ 1 month limit..... \$95
 5 days a week

On Site Massage

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

OFF SITE Watsu

1 1/2 hour.....\$145
 1 hour.....\$100
 1/2 hour.....\$50

For all Pre-paid Memberships and EFT Draft Memberships Add Unlimited Water Classes For Only \$25.00 extra each month

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

What is your body's percentage of 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 plan!

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 Pilates Studio. 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!!