



## GYM MEMBERSHIPS

### METHOD

- 24hr fob access
- club program
- unlimited open coaching
- Dietitian on Demand

*1st month is 50% off!*

**\$175/mo.**

### METHOD+

- 24hr fob access
- *custom* program
- unlimited open coaching
- Dietitian on Demand

**\$215/mo.**

### PERFORMANCE

- 24hr fob access
- *custom* program
- unlimited open coaching
- Dietitian on Demand
- *4 private coaching sessions*

**\$350/mo.**

## INTRO TO TRAINING TECHNIQUES

two 1-hour private coaching sessions

**NEW CLIENT PROMO**

**\$150**

## COACHING

### PRIVATE COACHING

**\$85** 1-hr session  
**\$807.50** 10-pack  
**\$1572.50** 20-pack

### GROUP COACHING

small group coaching  
2-3 people  
**\$120/hour**

## VISITOR PASSES

**\$20** drop-in  
**\$50** 1-week visitor pass

## PRIVATE STRENGTH SEMINAR

90-minute introduction to barbell training  
4-8 people

**\$50/person**



# NUTRITION COUNSELING PACKAGES

Nutrition counseling packages include:

- food log review
- ongoing nutrition counseling
- weekly email check-ins
- accountability forms & feedback
- SMS/text support 8am-8pm

## TIER I

two counseling sessions per month

**\$235/mo.**

## TIER II

four counseling sessions per month

**\$385/mo.**

## INITIAL NUTRITION ASSESSMENT

- 90-minute introductory meeting
- dietary review and assessment
- 30-minute follow-up

**\$235**

## ACCOUNTABILITY CLUB

two 15-minute check-in sessions per month

**\$50/mo.**

## DIETITIAN ON DEMAND

Staff Dietitian is available on the gym floor for general Q&A once/month

monthly event ----- free for members



## REMOTE COACHING MEMBERSHIPS

### REMOTE METHOD

club program  
video review via team forum

**\$55/mo.**

### REMOTE COACHING

custom program  
two 30-minute video review  
meetings/month  
meet prep support

**\$145/mo.**

## READY TO GET STARTED?



Visit [www.muscleanandmindset.com](http://www.muscleanandmindset.com)  
to schedule your free consultation