



**514 Main Ave 692-1003 powershopgym.com**

**WELCOME** to our Powershop Gym Family! **LIKE US** on Facebook!! **Ask to join** our Powershop Gym members group

We are locally owned and operated since 1995 and strive to meet all your fitness needs.

As a member you can enjoy:

**24/7—365 access** Staffed hours are M-Th 9-7pm, F 9-2pm

**Classes Included in Your Membership:** Yoga, Pilates, Cycling, HIIT IT!, Sculpt/Zumba

See class schedule on desk

**Monthly Challenges** See Bulletin Board by desk

**Guest Passes**—\$5 when they come with you. Instructions and forms on the desk

**Add a Family Member to Your Membership**— ask at the desk or email [tracyr@powershopgym.com](mailto:tracyr@powershopgym.com)

**Training Programs**— “Get U Started” is FREE with membership. We also offer Small Group, Alpha, One on One Training and Program Design. Contact [pam@powershopgym.com](mailto:pam@powershopgym.com)

**Parking**— If street parking is not available, you can park on all side roads, 5th Street behind the gym, bank parking lot after hours. Questions? Please ask!

**Locker Rental**— ask at the desk or email [tracyr@powershopgym.com](mailto:tracyr@powershopgym.com)

**Workout Towels**—Available on the shelf by the stairs. Dirty towel bucket by the desk

**Referrals**—We love when you refer your friends! You get a FREE month or FREE t-shirt!

**Leaving town for awhile?** Let Tracy know and she can freeze your membership. [tracyr@powershopgym.com](mailto:tracyr@powershopgym.com)

**Body Fat Test**— Cost is \$10 [pam@powershopgym.com](mailto:pam@powershopgym.com)

**Supplements** to increase your RESULTS! Starting at \$30 a month, we have energy, fat loss, metabolism boosters, protein drinks, cleanse . **LEAN BODY SYSTEM 159.99** (designed to help you burn fat, lose inches and promote lean body composition). Includes before/after bodyfat measurements and a 3 day cleanse. [pam@powershopgym.com](mailto:pam@powershopgym.com)

**Younger Members**—10-13 year olds with a parent present, 14-15 yr olds with a parent or during staffed hours, 16 yr old anytime

**Usage Reports**—Need for work? Tracy can help you! [tracyr@powershopgym.com](mailto:tracyr@powershopgym.com)

**Insurance Reimbursements** ask at the desk or email [tracyr@powershopgym.com](mailto:tracyr@powershopgym.com)

**RULES AND ETIQUETTE**— Posted by both drinking fountains **BE SURE TO SCAN YOUR FOB EVERY VISIT!**

# POWERSHOP GYM TRAINING MENU

Included in your membership \$42-50 a month

Get U Started Workout

YouTube 3 week Workout

Pilates, Yoga, HIIT, Cycling, Online Workouts (members group)

Program Design \$30

Membership \$42-52 a month

2 workout plans designed for your goals

1-30 minute session to walk you thru both workouts

**POWERSHOP GYM TRAINING INCLUDES:** Nutrition Assessment, Meal Plan ideas, Pre/Post measurements to include Bodyfat, BMI, Fitness Age, Muscle %

Small Group Training

Membership \$35 a month

\$109 a month – unlimited sessions

Introductory Offer \$79 a month (Small Group Training Sessions/gym membership)

\$139 includes Nutrition coaching, measurements pre/post, and fat burn product

Alpha Training

Membership \$35 a month

\$8 a Session

Semi Private (2-4)

Membership \$35 a month

\$18-22 a session

Private

Membership \$35 a month

\$29-33 a session

