



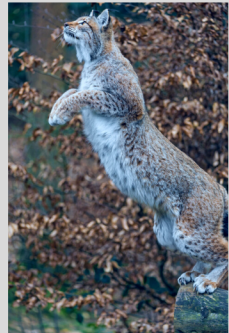
# TRAINING PACKAGES

**The Hunt** – If you're not quite sure about how to get started on your fitness journey, then you may be "on the prowl" for some support and only need a few training sessions to help you find your way. The Hunt is Over! This **6-session** package will provide a customized exercise plan designed to assist you in meeting your physical, health, and wellness goals.



**The Chase** – If you're committed to a regular fitness routine but still feel unmotivated and indifferent to that routine, then it may be time for a change "in pursuit" of better goals. The Chase is On! This **12-session** package will provide a customized exercise plan designed to spark an increased interest in meeting your physical, health, and wellness goals.

**The Challenge** – If you're already devoted to a regular fitness routine and would like to ramp it up—or you need consistency in your workout routine, then it may be time to "test your limits" and take things to the next level. Bring on the Challenge! This **18-session** package will provide a customized exercise plan designed to advance (or increase consistency) in your physical, health, and wellness goals.



**The Catch** – If you're 'on the hunt', 'chasing goals', and 'in need of a challenge', then you may want "to seize the opportunity" toward a long-term commitment in achieving maximum results. What a Great Catch! This **24-session** package will provide a customized exercise plan designed to develop increased interest, accountability, and consistency in accomplishing your physical, health, and wellness goals.

## VERTIMAX

This package includes use of a world-leading vertical jump and speed training system known as the VertiMax platform to increase physical performance and/or maximize athletic potential.

# CHALLENGE YOURSELF