



"We're proud of what we do here and feel that if we're given a chance you'll want to be a part of The Training Studio. If you are looking for results and you appreciate quality, then we're for you. Your goal is our passion-let us help you get there!" Mike Hanley

THANK YOU FOR CONSIDERING OUR CLUB!

Please keep in mind that we want to be more than just a place where you have a membership. We feel strongly about fitness and what it can do in your life and we want to help you get the most out of your time with us.

OUR CLUB:

- We are a family owned club doing business since 2007.
- We guarantee that anyone who joins the club in the future will never pay less than you do today.
- We promise to never raise your rates as long as you're a member of this club. Simply stay current with your membership, or renew within 30 days of expiration, and we will honor your current rate for as many years as you wish to be a member here.
- Our mission here is simple: we want to be the best part of your day every day.

OUR 30 DAYS FOR \$89 TRIAL MEMBERSHIP

Everyone who is considering joining this club is given the option to try our club with our **30 Days for \$89 trial membership**. We feel we have the best club in town but talk is cheap. We want you to come meet our staff, meet the other members and give us a chance to earn your business.



TRIAL MEMBERSHIP INCLUDES:

- 4 Fitness Coaching Sessions
- An Individualized Program
- Unlimited Group Coaching Sessions
- Gym Membership

At the end of the trial membership, if we are not the club for you, simply walk away and you will be under no further obligation. Many people who come through our doors have already made up their mind to join the club through referral or by our reputation in the community, but for those who haven't yet decided, trying before you commit is the best way to get started.



BASIC MEMBERSHIP

\$89 enrollment fee - \$99 x 12 months

Designed for individuals that do not have any special circumstances which would require a more-personalized program.

- Unlimited access to our high-energy group fitness coaching sessions!
- A scientifically designed group fitness program (changes once per month) to boost your metabolism, decrease injury, increase strength and improve your functional movement in day to day activities!
- Unlimited use of the gym and unlimited coaching (a coach is always present to assist you).

CUSTOMIZED MEMBERSHIP

\$89 enrollment fee - \$267 x 12 months

Includes all of the benefits of our basic Membership, PLUS:

- One intensive instructional coaching session per week (4/month) working on your specific goals in a semi-private setting.
- Individualized program design written specifically for you (changed every 4-6 weeks).
- Unlimited use of the gym and unlimited coaching (a coach is always present to assist you with your individual program).



SHORT TERM MEMBERSHIP OPTIONS

3 Month GROUP COACHING MEMBERSHIP \$89 enrollment fee • \$199 x 3 Months

All the benefits of our Basic Membership with only a 3 month commitment.

3 Month CUSTOM MEMBERSHIP \$89 enrollment fee • \$397 x 3 Months

All the benefits of our Customized Membership with only a 3 month commitment.

NEED MORE SESSIONS?

Add 4 Sessions to any of the plans above for \$225.

BEFORE YOU MAKE A DECISION, STOP AND ASK YOURSELF:



"Are you getting results from your current exercise routine?"

If the answer is no, or if you are bored, The Training Studio has the solution for you!



The TRAINING Studio

We realize you have choices when it comes to joining a fitness facility, and as away of saying thank you for selecting us as your gym, we'd like to start off with some special gifts.

JOIN DURING YOUR EVALUATION

If you are comfortable with our club today and are planning to join during your evaluation, we would like to offer you our special premier package of gifts and incentives:

CUSTOMIZED MEMBERSHIP

- 4 Extra Instructional Coaching Sessions.
- \$50 in club Bucks on your personal tab that can be spent on anything in the club.
- A Training Studio T-Shirt*
- A Multi-vitamin and Nutrition Bars

***Total Value: \$300.00**

BASIC MEMBERSHIP

- Individualized program & 2 Instructional Sessions.
- \$25 in club Bucks on your personal tab that can be spent on anything in the club.
- A Training Studio T-Shirt*
- A Multi-vitamin and Nutrition Bars

***Total Value: \$175.00**

JOIN DURING YOUR FIRST 7 DAYS

If you would like to experience our club before you commit to a membership, we'd like to offer you the following package of gifts and incentives if you join during your first 7 days:

CUSTOMIZED MEMBERSHIP

- 2 Extra Instructional Coaching Sessions.
- \$20 in club Bucks on your personal tab that can be spent on anything in the club.
- A Training Studio T-Shirt*
- A Multi-vitamin and Nutrition Bars

***Total Value: \$175.00**

BASIC MEMBERSHIP

- Individualized program & 1 Instructional Session.
- \$10 in club Bucks on your personal tab that can be spent on anything in the club.
- A Training Studio T-Shirt*
- Nutrition Bars

***Total Value: \$100.00**

JOIN BEFORE YOUR TRIAL MEMBERSHIP EXPIRES

Need more time? Join before your trial membership expires and you will receive the following package of gifts and incentives:

CUSTOMIZED MEMBERSHIP

- 1 Extra Instructional Coaching Sessions.
- \$10 in club Bucks on your personal tab that can be spent on anything in the club.
- A Training Studio T-Shirt*
- Nutrition Bars

***Total Value: \$99.00**

BASIC MEMBERSHIP

- \$10 in club Bucks on your personal tab that can be spent on anything in the club.
- A Training Studio T-Shirt*
- Nutrition Bars

***Total Value: \$49.00**

Member Name: _____

Expiration Date: _____

REAL PEOPLE - REAL RESULTS!

"I was extremely happy with my results!! The time went by really quick and the challenge was a lot of fun. When I bought jeans that were a couple of sizes smaller than I was wearing, and much smaller than I was wearing back in March, I wasn't sure if I'd get in them but I did! The food plan was easy to follow and the results were amazing. Thanks again!" —Chris Cromer

"The proof is right in the mirror each and every day. I've worked out at other gyms, I've had other 'trainers' before, but I've never had such dramatic results till I met you. Thank you so much for bringing out the best in me." —Larry Gold

"With their guidance and constant encouragement I am in the best physical condition I have ever been in even after my first baby! I now have a new & improved lifestyle and couldn't be more satisfied." —Danielle D'Angelo

"Mike Hanley has been my personal trainer for the last 8 years. In that time, I am stronger, faster, more agile and have an easier time with everything physical that I do. Thanks to Mike, at 42 I am a better softball player than when I was 21!" —Roslyn A. Quarto Esq.

