

# WHY OUR PROGRAM IS UNIQUE



- **Delivered by highly qualified fitness professionals in a licensed physical therapist supervised setting**
- **We set up the equipment as you move from station to station unless you prefer otherwise**
- **Uses your time efficiently – target 30 minute workouts**
- **Special fitness and weight loss challenge programs offered**  
*(Biggest Winner Challenge, Fitness Challenge 3000)*
- **No annual contract, No hard sales, Low sign-up fees**

## OUR PROGRAM

Our program begins with a thorough needs evaluation and continues with a properly progressed comprehensive health and fitness program. This program is administered and overseen by highly qualified Physical Therapists, Medical Doctors, and Fitness Specialists.

### *Some key points to our program:*

**PROPER and SAFE** exercise progressions every 6-8 weeks

**EFFICIENT** 30 minute workouts

**CONTINUAL** Exercise Specialist support

## OUR GOALS

We believe that in order to have success you must establish goals. As part of our program we help all members understand and set realistic, attainable goals.

### *Some key goals of our program:*

**improve your FITNESS level**

**improve your QUALITY of life**

**increase your LONGEVITY**

**help you stay PAIN FREE**

## RESULTS OF OUR PROGRAM

During the course of our program, our clients have enjoyed these results:

**WEIGHT loss**

**reduced BODY FAT**

**STRESS reduction**

**increased performance level**

**lowered BLOOD PRESSURE**

**decreased PAIN**

## PERFORMANCE MEMBERSHIP

**\$69.99 per month  
(plus tax)**

Includes:

Needs Assessment (Goal setting, nutrition analysis, exercise programming)

Self workout with ongoing exercise support from an Exercise Specialist

Re-evaluation every 6-8 weeks (focusing on program progress)

**Family Add-On  
\$34.99 per month  
(plus tax)**

## SILVER MEMBERSHIP

**\$199.99 per month  
(plus tax)**

Includes:

Needs Assessment (Goal setting, nutrition analysis, exercise programming)

Two Training Sessions per week with an Exercise Specialist

Re-evaluation every 6-8 weeks (focusing on program progress)

**Family Add-On  
\$34.99 per month  
(plus tax)**

## GOLD MEMBERSHIP

**\$299.99 per month  
(plus tax)**

Includes:

Needs Assessment (Goal setting, nutrition analysis, exercise programming)

Three Training Sessions per week with an Exercise Specialist

Re-evaluation every 6-8 weeks (focusing on program progress)

**Family Add-On  
\$34.99 per month  
(plus tax)**

**ENROLLMENT: Individual \$50.00 • Family \$100.00**

## HOURS OF OPERATION

**Monday-Thursday: 6am-8pm**

**Friday: 6am-4pm**

**Saturday: 8am-1pm**

For more information on our programs or to schedule your consultation, please contact us at

**281.341.2045**

**Lifestyles**  
AT OAKBEND  
FITNESS · HEALTH · WELLNESS