

PERSONAL TRAINING PROGRAMS



2020 Cheyenne Court
Grafton, WI 53024

262.375.4577

Session Descriptions:

Team Training (TT) is a high intensity functional fitness session that allows large groups to get in the best shape of their lives. Each session will be a total body workout that will improve your strength, cardiovascular endurance, and your ability to move well.

Team Training Light (TT-LTE) is a total body workout focused on progressing individuals to move better and strengthen movement patterns. Here is where we get you moving safely and efficiently.

Small Group (SGT) is a session limited to 4 participants, which allows our coaches to focus on each participant's proper form and technique through strength movements. In these sessions, you train how our coaches train, pushing your limits to become stronger and move better longer.



TEAM TRAINING & SMALL GROUP TRAINING SESSION SCHEDULES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 am		SGT		SGT		
5:30 am	TT	TT	TT	TT	TT	
6:00 am		SGT		SGT		
6:30 am	SGT		SGT			7:00 AM TT
8:30 am	SGT	TT*	SGT	TT	SGT	8:00 AM SGT
9:00 am	TT	SGT	TT	SGT	TT	8:45 AM TT-LTE
9:30 am	SGT	TT-LTE	SGT	TT-LTE	SGT	
NOON	TT			TT		
4:30 pm	TT-LTE		TT-LTE			
5:00 pm		SGT		SGT		
5:30 pm	TT		TT			
6:00 pm		TT*		TT		
6:30 pm	SGT		SGT			

*Full contact Kickboxing will be the conditioning portion of these designated sessions.

TEAM TRAINING & SMALL GROUP TRAINING PRICING

PROGRAM	MONTH TO MONTH	ANNUAL
TEAM TRAINING[†]	\$139	\$99 (includes MYZONE® belt)
SMALL GROUP - Limited (5 sessions)	\$159	\$139 (includes MYZONE® belt)
SMALL GROUP - Unlimited	\$219	\$189 (includes MYZONE® belt)

[†]Small group members receive unlimited Team Training sessions.

Team Training and Small Group Training Advantages

Punch, kick, row, push and pull yourself into great shape with a full schedule of personal training sessions. All sessions are lead by our professional personal training team at Form & Fitness. This one-of-a-kind program will push you to get new results, smash plateaus and achieve your goals!

- Each Team Training and Small Group Training session will run 50 minutes. The schedule is laid out so that you can participate multiple times a week without over training one muscle group.
- The sessions allow for folks of all different fitness levels to participate together and go at their own speed.
- No multiple member discount.

TRANSFORM U WEIGHT LOSS PROGRAM



2020 Cheyenne Court
Grafton, WI 53024

TRANSFORM U

One of the most popular offerings at Form & Fitness is our “Transform U” weight loss program. The 8-week transformation program is designed not only to teach you everything you need to know to eat right and exercise, but to coach and motivate you to be successful.

Join our 8-week Transform U Team TODAY! Please see the Transform U program page on our website for next start date and info session dates.

THE 8-WEEK PROGRAM DETAILS

1. Your Weight Loss Program Includes:

- 8 Nutrition Classes
- UNLIMITED TEAM TRAINING
- Specialized Transform-U Saturday Boot Camps
- Up to 5 Small Group Training Sessions Per Month
- 2 Body Assessments with BodyMetrix Ultrasound System
- Weekly Weigh-ins
- Form & Fitness Food Journal

2. Starts the 2nd Week of Every Month!

3. Pricing

- The 8-week program pricing is 3 payments of \$169. This includes an 8-week membership with simple access to the club
- When signing up for a 12- or 24-month Simple Membership, the cost is three (3) payments of \$99. The initial payment of \$99 will be additional to your membership enrollment fee at sign up. The next 2 payments are made monthly with membership dues. After all payments are made, your membership rate drops to your simple membership rate.
- Elite and Specialty Training Memberships pay only ONE payment of \$99
- This program can be completed one (1) time per calendar year.

4. Nutrition Wrap Around Program

- Want to continue the great results you have gotten in the Transform U program?
- Add the Nutrition Wrap Around Program for an additional \$99 a month, or \$79 a month for Specialty Training members.
- Program includes one bodyfat assessment/30 minute meeting with the instructor per month to keep you on track, and one 60 minute nutrition presentation (classroom setting) on topics to keep your results coming and your health improving!

After 25 years of yo-yo weight, I have finally figured out the right combination of food (when and what) and the right combination of exercise to make my new life style work. I think the loss of 18 pounds in the first six weeks tells it all."

- Susie B., Transform U participant