

INCENTIVES

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

ALL ACCESS OR 3 MONTH FIT MEMBERSHIP

- 6 Extra Fitness Coaching Sessions
 - \$50 in club bucks on your personal tab that can be spent on anything in the club.
 - A Praxis Fitness gym bag
 - A Praxis Fitness water bottle
 - A Praxis Fitness t-shirt
 - A Praxis Fitness baseball hat
 - A Praxis Fitness lip balm with SPF
- Total Value \$415.75**

GROUP COACHING MEMBERSHIP

- 2 Instructional Coaching Sessions
 - \$50 in club bucks on your personal tab that can be spent on anything in the club.
 - A Praxis Fitness gym bag
 - A Praxis Fitness water bottle
 - A Praxis Fitness t-shirt
 - A Praxis Fitness baseball hat
 - A Praxis Fitness lip balm with SPF
- Total Value \$215.75**

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

ALL ACCESS OR 3 MONTH FIT MEMBERSHIP

- 3 Extra Fitness Coaching Sessions
 - \$15 in club bucks on your personal tab that can be spent on anything in the club;
 - A Praxis Fitness gym bag
 - A Praxis Fitness water bottle
 - A Praxis Fitness t-shirt
 - A Praxis Fitness baseball hat
 - A Praxis Fitness lip balm with SPF
- Total Value \$230.75**

GROUP COACHING MEMBERSHIP

- 1 Instructional Coaching Sessions
 - \$15 in club bucks on your personal tab that can be spent on anything in the club;
 - A Praxis Fitness gym bag
 - A Praxis Fitness water bottle
 - A Praxis Fitness t-shirt
 - A Praxis Fitness baseball hat
 - A Praxis Fitness lip balm with SPF
- Total Value \$130.75**

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

ALL ACCESS OR 3 MONTH FIT MEMBERSHIP

- 1 Extra Fitness Coaching Sessions
 - \$5 in club bucks on your personal tab that can be spent on anything in the club;
 - A Praxis Fitness water bottle
 - A Praxis Fitness t-shirt
 - A Praxis Fitness lip balm with SPF
- Total Value \$102.25**

GROUP COACHING MEMBERSHIP

- \$5 in club bucks on your personal tab that can be spent on anything in the club;
 - A Praxis Fitness water bottle
 - A Praxis Fitness t-shirt
 - A Praxis Fitness lip balm with SPF
- Total Value \$52.20**



MEMBERSHIP PLANS

GROUP COACHING MEMBERSHIP

- Unlimited access to group fitness coaching sessions (maximum of 15 per group)
 - A scientifically designed group fitness program designed to meet all of your fitness needs; metabolism boosting, increased strength and endurance, decreased injuries, function better in everything from day-to-day activities to athletic performance.
 - Initial “body blueprint” evaluation
 - Boot Camp discount
 - Email updates
- \$59 enrollment fee + \$79 x 12 months**

This membership is recommended if you do not have any special circumstances such as injuries or other limitations which require you have a specific program designed for you.

FULL ACCESS MEMBERSHIP

- Includes all of the benefits of Group Coaching Membership PLUS:
- One fitness training session a week (4 per month) working on your specific goals and needs in a semi-private session.
 - Individualized program designed and written specifically for you (changes every 4-6 weeks)
 - Unlimited use of the gym facility during business hours along with a copy of your individual program
 - Food journal
- \$59 enrollment fee + \$227 x 12 months**

FULL ACCESS ELITE MEMBERSHIP

- Includes all of the benefits of Full Access Membership PLUS:
- A second fitness coaching session per week (8 per month) working on your specific goals and needs in a semi-private session
- \$59 enrollment fee + \$407 x 12 months**

SHORT-TERM MEMBERSHIP OPTIONS

3 MONTH GROUP COACHING MEMBERSHIP

All the benefits of our Group Coaching Membership with only a 3-month commitment.

\$59 enrollment fee
\$107 x 3 months

3 MONTHS TO FIT MEMBERSHIP

All the benefits of our Full Access membership with only a 3-month commitment.

\$59 enrollment fee
\$327 x 3 months

3 MONTHS TO FIT ELITE MEMBERSHIP

All the benefits of our Full Access Elite membership with only a 3-month commitment.

\$59 enrollment fee
\$497 x 3 months

Need more sessions? Add 4 more sessions to any of the plans for \$200

30 DAYS FOR \$56 TRIAL MEMBERSHIP

Everyone who is considering joining Praxis Fitness is given the option to try our coaching facility with our 30 days for \$56 trial membership. We feel we have the best fitness facility 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.

PRAXIS FITNESS TRIAL MEMBERSHIP INCLUDES:

- | | |
|-----------------------------|-----------------------------------|
| 4 Fitness Coaching sessions | Unlimited Group Coaching Sessions |
| An Individualized program | Gym Membership |

At the end of your 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 have not yet decided, trying before you commit is the best way to get started.

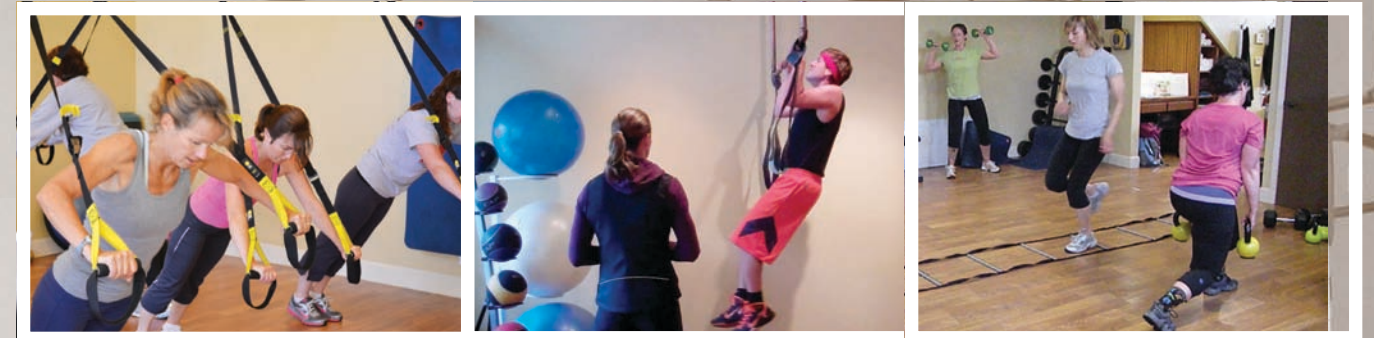
It is our mission at Praxis Fitness to provide our customers with an environment where they have the greatest chance of success on their quest for fitness. We are driven by our deep-rooted belief that we can improve our community one person's health at a time.

- We are a family owned club, doing business since 2008.
- 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.
- We strive to be the best part of your day, everyday!



CORE VALUES

- | | |
|---|--|
| 1) Build relationships based on integrity, honesty and openness | 5) A team of "we" not of "me" |
| 2) Bring your best | 6) Have only good days and great days |
| 3) Provide "Go Beyond" service | 7) Engage in laughter and humor |
| 4) Foster Creativity | 8) Pursue personal and professional learning and improvement |



530 F STREET, EUREKA, CA | 707.441.0717