

F3 /// Fit Flex Fly

Group Class Pricing, Packages and Membership

\$99 New Member 30 Day Experience /// \$309 Value

Unlimited group classes for 30 days plus a 1:1 hour consultation and workout that includes a body composition, metabolic profile and movement screening analysis. We will re-access at the end of your 30 days to show your progress.

Group Classes *(Group class packs expire after 6 months)*

Group Classes are frequently enrolled to capacity. Reserve your space in advance using our F3 App or our website. Reservations require a 2 hour cancellation. Clients will be charged \$10 per class for a missed group class reservation that is not cancelled within 2 hours.

1 class	\$27
10 pack	\$200
20 pack	\$360

Save \$ /// Unlimited Group Class Memberships

All plans are based on auto renew billing with a minimum commitment of 3 months. If you wish to cancel after 3 months, notify us at least 30 days prior to desired cancellation date. After 3 months, you may freeze your account for any 30 day period. Charges/credits on a partially used billing period will be prorated at the rate of \$27.00 per hour class that you attended.

All Access	\$199
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Best Savings /// Yearly Unlimited Classes \$2,000

SAVE \$400

Receive the best monthly rate when you pay for a year in advance.

Special Discounts

20% Off All Classes (excludes personal training and class contracts)

People over age 60 with valid ID are eligible. Full-time students, K-12 educators, active duty military, firefighters, police with valid ID are eligible.

F3 Kids' Room

Reserve in advance. The Kids Room is only available during certain class times. Always check the MindBody Online Schedule for availability.

\$6 – 1 visit/per hour/per child	\$50 – 10 visits	\$85 – 20 visits
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Packs expire 6 months after purchase. Waiver must be signed before children will be granted supervision. Space is limited. Please make your reservation in advance.

No membership or initiation fees. Purchases are non-refundable & non-transferrable.

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Special Promotions, Products and Policies

Personal Training

60 Minute	Single Session	10 Pack	20 Pack
Staff Trainer	\$80	\$790	\$1,560
Lead Trainer	\$95	\$940	\$1,860
30 Minute	Single Session	10 Pack	20 Pack
Staff Trainer	\$50	\$490	\$960
Lead Trainer	\$65	\$640	\$1,260

These prices include 1:1 Hybrid Pilates Reformer and 1:1 Boxing sessions.

Semi-Private Training

60 Minute	Single Session	10 Pack	20 Pack
Staff Trainer	\$48	\$470	\$920
Lead Trainer	\$55	\$540	\$1,060
30 Minute	Single Session	10 Pack	20 Pack
Staff Trainer	\$33	\$320	\$620
Lead Trainer	\$40	\$390	\$760

- Appointments with trainers require a 24 hour cancellation. Late cancellations or missed sessions are not refundable.
- Semi-private training requires two partners to be present at the appointment. If one partner is absent, the other may choose a 30 minute session, pay for a 60 minute private session or reschedule.

MZ-3 Physical Activity Belt /// \$140

Tracking your heart rate during a workout is a proven way to efficiently achieve your goals. The MZ-3 helps you get there. The MZ-3 allows you to view your physical activity data on large screen TVs throughout F3 as well as on your smartphone via bluetooth. The versatility of the MZ-3 allows your new belt to connect with the MYZONE App as well as your other favorite fitness apps.

Assessment Services /// \$25

The InBody 570 body composition analysis is the fastest, most accurate, non-invasive and convenient method to measure body fat, muscle mass and BMR. It looks beyond the scale to show you what you're made of.