

DEFINITION OF TENACITY

"the ability to overcome great strength or force"

Self confidence and health are the two main motivators for people to exercise. At Tenacity we aim to help each of our members achieve higher levels of both. This is not a gym where you are on your own. We take ownership of your fitness goals and team up to give you the fitness success you deserve. By tackling all areas of fitness including nutrition, exercise and rest, our plan for each member is concise and thorough. We only ask for consistency and tenacity, we'll take care of the rest!

MEMBERSHIPS

Green Membership

\$35 per month plus tax / \$20 Enrollment Fee

- ▶ No Contracts (month to month membership)
- ▶ Full Open Gym Access
- ▶ Initial Goal Design Program
 - Fitness Assessment
 - Nutrition Counseling Session
 - One Personal Training Session
 - One Metabolic Impact Group Training
- ▶ Continuous Once a Month Nutrition Session to keep your diet on track!

You get to try it all, everything Tenacity offers. Then you decide what you want to continue with to attain your fitness goals.

Black Membership

\$65 per month plus tax / \$20 Enrollment Fee

- ▶ Includes everything in your Green Membership plus Unlimited Metabolic Impact Group Training (As low as \$2 per training)

METABOLIC IMPACT GROUP TRAINING (MIT)

Using three different training techniques these classes will burn fat and build lean muscle. Training will also increase strength, endurance, flexibility, improve balance and will burn calories at an accelerated rate for the whole day after training. Decreases in stress levels and blood pressure can also be expected. Exercises are as intense as the member wants to make it so it's appropriate for all fitness levels. Members work as teammates completing each exercise station in an allotted time. Finish each class feeling a sense of achievement and understanding that impact training will get you in the best shape of your life!

- ▶ \$10 per MIT Session for Green Level Members
- ▶ \$15 per Non-Member Guest

Prices Not Including Sales Tax

PERSONAL TRAINING (PT)

- ▶ \$37 for a 30 Min Session
- ▶ \$320 for a 10 Session Package (\$32 per 30 Min)
- ▶ \$540 for a 20 Session Package (\$27 per 30 Min)

GROUP PERSONAL TRAINING

No more than 3 individuals at a time

- ▶ \$45 for a 30 Min Session
- ▶ \$385 for a 10 Session Package (\$38.50 per 30 min)
- ▶ \$650 for a 20 Session Package (\$32.50 per 30 min)

Prices Not Including Sales Tax

NUTRITION

The proper nutrition and diet is a critical piece of your training program. We offer for all of our members:

- ▶ One on One counseling on the importance of nutrition
- ▶ Sample Food Lists to support your particular fitness goals
- ▶ Personalized Diet prepared from our Sample Food Lists

AVAILABLE PRODUCTS

- ▶ Protein Powder
- ▶ Healthy Energy Beverages
- ▶ Retail Item

TENACITY FITNESS OFFERS
INDUSTRY LEADING EQUIPMENT FROM

ROGUE[®]
ROGUEFITNESS.COM

LifeFitness

concept 2[®]

Complete Cardio Equipment

Dumbbells (5 to 100 lbs)

Kettlebells

Rowers

Complete Strength Equipment

Complete MIT Functional
Training Equipment

Astroturf

GYM SPECIFICS

APPOINTMENTS

We ask all guests to arrive 15 minutes before their training. 24-hour notice of a cancellation is greatly appreciated. We may have to ask you to reschedule if you are more than 10 minutes late. On-line booking of MIT and personal training is available on our website.

PAYMENT OPTIONS

We accept cash, Visa/MasterCard, debit cards, ACH, and checks for your convenience. Automated Monthly billing is required.

GIFT CERTIFICATES

Gift certificates can be ordered by phone, in person, or from our website. Gift certificates must be presented at the time of service, are non-refundable. We cannot be responsible for lost or stolen certificates.

CHILDREN

We love children, but they are not permitted in the facility for liability and safety reasons. Minimum age for memberships is 13. Members under the age of 18 require guardian approval.

GYM

We ask that you do not bring valuables with you, as we cannot be held responsible for lost or stolen personal property. Lockers and a shower are available for our guests. Guests must bring their own towels and personal toiletries.

SPECIAL PROGRAMS

Every referral a member provides Tenacity will put \$5 into their member bank account. The bank account is available to spend on any Tenacity product or service. We are honored to offer a discount to clients who are in the Military, Medical, Education, Fire, or Police professions.



9 Mary Way

Hainesport, NJ 08036

609-784-8341

INFO@TENACITYTRAINING.COM



*Bring Your Tenacity....
We'll Take Care of the Rest*

MON TO THUR	5:00 AM TO 9:00 PM
FRIDAY	5:00 AM TO 6:00 PM
SATURDAY	8:00 AM TO 4:00 PM
SUNDAY	8:00 AM TO 4:00 PM

WWW.TENACITYTRAINING.COM

Menu Effective August 1, 2016