

# i'm FIT CLASS SCHEDULE

1 Week  
Free Trial  
Membership!

Contact Noel at  
616.847.1280 x24

ADULT CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	EXCEL	EXCEL	EXCEL	EXCEL	EXCEL	
9:00AM	EXCEL	LIFT	EXCEL	LIFT	EXCEL	EXCEL
10:00AM	RENEW		RENEW		RENEW	
10:30AM		RENEW		RENEW		
11:00AM	MOVE		MOVE		MOVE	
12:00PM	LIFT	EXCEL	LIFT	EXCEL		
6:00PM	LIFT		LIFT			
6:30PM		EXCEL		EXCEL		

## EXCEL

45 minute class  
Moderate-High Intensity

This is our most popular class. It's a moderate to high intensity class that will challenge you to be in your best shape. Using simple equipment and your body weight, you will blend strength and cardio exercise for a fun, high energy workout that will transform your body.

## LIFT

45 minute class  
Moderate-High Intensity

LIFT helps you gain strength and power by utilizing traditional weight training techniques with a custom program based on individual experience and ability. If you are looking to build lean muscle mass under close guidance, this class is for you.

## MOVE

45 minute class  
Low-Moderate Intensity

This class is a low to moderate intensity total body workout. You will gain the strength, balance, flexibility, and endurance to feel great in your body.

## RENEW

45 minute class  
Low Intensity

Are you looking for a gentle way to get back into exercise? Do you want to feel more flexible? This low intensity class will do just that! RENEW is low-impact and designed to give you the flexibility where you need it most.

# i'm FIT Membership Information

i'move FIT is an affordable alternative to the run-of-the-mill, expensive health clubs. We offer a unique, personal setting with one-on-one attention and a friendly, welcoming environment.

## i'move FIT offers:

- Four unique adult fitness classes scheduled 27 times throughout the week
- Full-body workout classes that vary in intensity
- Small class sizes
- Experienced, certified trainers
- All memberships include unlimited access. Participate in as many classes as many times per week as you want

## MEMBERSHIP PRICING

### Free Trial - 1 Week Membership

### No Contract Membership

\$99.00

unlimited visits for 1 week  
per month / unlimited visits

1 Week  
Free Trial  
Membership!

### Contract Membership

3-month Membership - Save 7%

\$94.00

per month (with 3 Month Commitment)

6-month Membership - Save 11%

\$89.00

per month (with 6 Month Commitment)

12-month Membership - Save 15%

\$84.00

per month (with 12 Month Commitment)

### Young Professional

Individuals aged 21-27 qualify for a reduced cost.

\$59.99

per month (minimum 3 Month Commitment)

### Hero Discount - 50% off

For Police, Firefighters, EMS, active Military, and Veterans. (Must show Professional ID)

\$49.50

per month (minimum 3 Month Commitment)

### Family Discount

You'll get additional savings for each family member that joins with you. Second family member receives 25% off, third receives 50% off. Unlimited family memberships are available for as little as \$250/month.

Contact Us

per month (minimum 3 Month Commitment)

Contact Noel at **616.847.1280 x24** to learn more about our special discounts.