

Fitness EXcelleration

"Excellence in Fitness"

Fitness EXcelleration provides a means for many things, some of which are listed

- **Improve Functionality and Overall Mobility!**
- **Enhance Athletic Ability!**
- **Decrease Body Fat and Increase Lean Muscle Mass!**
- **Tone Up!**
- **Increase Overall Health and Fitness!**

At Fitness EXcelleration we accomplish these goals by combining our knowledge of exercise science and human physiology with the principles of practical application in order to provide dramatic changes in the shortest time possible!

Available Packages and Pricing

	<u>Members</u>			<u>Non-Members</u>		
	Sessions	Per	Package	Sessions	Per	Package
30 Minutes						
	5	25.00	\$ 125.00	5	33.00	\$ 165.00
	10	23.50	\$ 235.00	10	31.50	\$ 315.00
	15	21.00	\$ 315.00	15	29.00	\$ 435.00
	20	20.00	\$ 400.00	20	28.00	\$ 560.00
30 Min Buddy						
	5	35.00	\$ 175.00	5	51.00	\$ 255.00
	10	28.50	\$ 285.00	10	36.50	\$ 365.00
	15	25.00	\$ 375.00	15	30.33	\$ 455.00
	20	22.50	\$ 450.00	20	26.50	\$ 530.00
60 Minutes						
	5	30.00	\$ 150.00	5	38.00	\$ 190.00
	10	28.50	\$ 285.00	10	36.50	\$ 365.00
	15	25.00	\$ 375.00	15	33.00	\$ 495.00
	20	23.25	\$ 465.00	20	31.25	\$ 625.00
60 Min Buddy						
	5	45.00	\$ 225.00	5	61.00	\$ 305.00
	10	42.50	\$ 425.00	10	50.50	\$ 505.00
	15	36.67	\$ 550.00	15	42.00	\$ 630.00
	20	31.25	\$ 625.00	20	35.25	\$ 705.00

Owned & Operated By:

Ryan Welborn, CSCS - (828) 719-6829

Andrew Boles, IFTA - (336) 749-9588

Grand Opening Package

"6 sessions for \$132.00 / \$180.00 plus 2 tickets to a
Winston Salem *DASH* Baseball Game"