

# Sterling's Team Speed MEMBERSHIP



## MEMBERSHIP INCLUDES:

- ✓ 3 Sessions/week (*training, pilates or sport psyche*)
- ✓ *Fitness Assessments (every 6-8 weeks to track progress)*
- ✓ *FMS screening session*
- ✓ *Nutritional consultation*
- ✓ *50% off group classes for all 6 months+ members*
- ✓ *All members of the family can train!*
- ✓ *Great for individuals as well!*
- ✓ *Free initial training plan consultation*
- ✓ *Only \$650/month*

*\*minimum 3 month commitment required, \$250 discount and 50% off group classes for 6 months or more. Call for details about how the membership works best for your family!*

***Let Sterling's Team Speed show you how to reach your goals!***

Each family receives an initial consultation to assist in setting up the best membership plan! Team Speed is with you every step of the way to ensure that you reach your goals to achieve optimal health and fitness!

*Sterling's Team Speed  
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*For more details  
Contact Kira:  
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