



## MEMBERSHIP RATES

### Annual

- Monthly Dues: \$55
- Initiation: \$50
- Permanent Locker: \$10/month

### Month-to-Month

- Monthly Dues: \$55
- Initiation: \$100
- Permanent Locker: \$10/month

### Personal Training

#### One-on-One (30-minute sessions)

- 1 session: \$40
- 10 sessions: \$380
- 20 sessions: \$700

*\* Introductory package: 5 sessions- \$125 (first-time clients only)*

#### Group Training (30-minute sessions)

- 1 session/week: \$75/month
- 2 sessions/week: \$115/month
- 3 sessions/week: \$150/month

*\* Minimum of 3 participants/session and maximum of 5.*

#### Executive Upgrade (30-minute sessions)

- 6 sessions: \$200/month
- 12 sessions: \$360/month
- Unlimited sessions: \$500/month

*\* Permanent schedule, 3 sessions/week.*

#### Nutritional Consultation

- Initial consultation: \$70
- 30-minute session: \$38
- 45-minute session: \$46
- 60-minute session: \$60
- Additional packages available

*All services must be paid in full and in advance via cash, check, or credit card. All fees subject to change.*

## CENTER FEATURES

*Our center includes a broad array of equipment and offerings to meet all your exercise, nutrition, and wellness needs, including:*

- Precor Ellipticals
- Life Fitness Treadmills
- Concept 2 Rowers
- Functional Training Area
- Dumbbells
- Bench Rack
- Bench Press
- TRX Suspension Training

## GROUP EXERCISE CLASSES

*We offer a variety of group exercise classes for members at every level of fitness:*

- Barre
- Body Sculpt
- Boot Camp
- Kickboxing
- Yoga
- And more!

## HEALTH & WELLNESS

*We offer 100 different services, including these popular programs:*

- MyStart Biomedical Assessment
- Personal Training
- Weight Management Programs
- Physical Activity Programs
- Flu Shots
- Health Fairs
- Educational Seminars

### INFORMATION

[lifestart.net/michiganplaza](http://lifestart.net/michiganplaza)  
[michiganplaza@lifestart.net](mailto:michiganplaza@lifestart.net)  
(312) 488-4855

### OPEN HOURS

Mon - Fri 5:30am - 8:00pm

### GENERAL MANAGER

Jamie Regan  
[jregan@lifestart.net](mailto:jregan@lifestart.net)

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**LifeStart**