**LIFT TRAINING STUDIOS Membership Rates**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Copilot | Team | Performance | Results |
| **Annual Membership Rates** | **$99/month** | **$149/month** | **$249/month** | **$359/month** |
| **Month-to-month Membership Rates** | $129/month | $179/month | $319/month | $429/month |
| **COMPREHENSIVE EVALUATION** | ✔ | ✔ | ✔ | ✔ |
| **INDIVIDUALIZED PROGRAM DESIGN** | ✔ | ✔ | ✔ | ✔ |
| **TEAM BURN, STRENGTH, AND CORE CLASSES** |  | **UNLIMITED!** | **UNLIMITED!** | **UNLIMITED!** |
| **SEMI PRIVATE TRAINING** | 1 PER MONTH |  | 4 PER MONTH | **UNLIMITED!** |

\*All memberships are billed monthly via EFT/Credit Card

**Jump Start Add-On**

Need a little extra motivation and accountability? The Jump Start Add-On Program is the perfect solution! A great option if you’re just getting started or for current members that need a little kick in the pants! Taking advantage of this program is simple. You will receive unlimited semi-private personal training for as many months as you choose at our current rates: $359 for annual members and $429 for monthly members). You can choose this add-on to your membership as often as you’d like! A little more accountability and motivation can make a massive difference in your fitness. Let’s get started!