

**RESULTS**  
FITNESS RIDGEFIELD

# HOLIDAY GIFT EXPERIENCES



# GIFT EXPERIENCES



Give somebody the gift of transformation with our curated fitness experiences—short- and long-term gift packages designed around proven results. From one-month fitness “kick-start” programs to all-year-long “total commitment” initiatives to our popular couples packages, there is no greater gift than the gift of physical fitness. Review our current stable of fitness experiences below or contact us for custom packages.

## MEMBERSHIP GIFTS

The perfect gift for yourself or a loved one, these pre-paid memberships provide the perfect access to fitness results.

### REDZONE 90

Unlimited RedZone classes  
MyZone metabolic sensor  
MyZone mobile app  
**Cost: \$595**  
(Assets used over 3 months)

### REDZONE 180

Unlimited RedZone classes  
MyZone metabolic sensor  
MyZone mobile app  
**Cost: \$995**  
(Assets used over six months)

### ONE-ON-ONE 90

24 personal training sessions (45 min.)  
1 Customized program assessment  
1 Muscle Activation Session  
**Cost: \$1,995**  
(Assets used over six months)

### ONE-ON-ONE 180

48 personal training sessions (60 min.)  
2 Customized program assessments  
3 Muscle Activation Session  
10 RedZone Classes (with MyZone sensor and app)  
**Cost: \$4,995**  
(Assets used over six months)

## TOTAL PACKAGES

Blended training regimens designed around “total body transformation”—our Total initiatives provide equal parts one-on-one conditioning, metabolic calorie crushing and muscle conditioning.

### TOTAL 90

16 Personal Training Sessions (45 min.)  
24 Red Zone Classes (with MyZone sensor and app)  
5 Muscle Activation Sessions  
5 Kin Stretch Sessions  
1 Pre-Program Custom Assessment  
**Cost: \$2,695**  
(Assets used over 3 months)

### TOTAL 180

24 Personal Training Sessions (45 min.)  
42 Red Zone Classes (with MyZone sensor and app)  
10 Muscle Activation Sessions  
10 Kin Stretch Sessions  
2 Program Custom Assessments  
**Cost: \$4,495**  
(Assets used over 6 months)

### TOTAL 365

42 Personal Training Sessions (60 min.)  
Unlimited Red Zone Classes (with MyZone sensor and app)  
15 Muscle Activation Sessions  
15 Kin Stretch Sessions  
3 Program Custom Assessments  
**Cost: \$7,995**  
(Assets used over 12 months)

## KICKSTART PACKAGES

Designed with one thing in mind—fast results—our proven KickStart packages mix metabolic training, strength conditioning and one-on-one coaching into one-month or three-month blended regimens.

### KICKSTART 30

4 Personal Training Sessions (30 min.)  
8 Red Zone Classes (with MyZone sensor and app)  
1 Pre-Program Custom Assessment  
**Cost: \$495**  
(Assets used over 1 month)

### KICKSTART 90

12 Personal Training Sessions (30 min.)  
24 Red Zone Classes (with MyZone sensor and app)  
1 Pre-Program Custom Assessment  
**Cost: \$1,195**  
(Assets used over 3 months)

## COUPLES PACKAGES

Perfect for the couple making a commitment to physical fitness—together. Designed to provide each person with access to training, classes and assessment.

### COUPLES 90

12 Personal Training Sessions (60 min., both people trained together)  
24 Red Zone Classes Per Person (with MyZone sensor and app)  
1 Pre-Program Custom Assessment  
**Cost: \$2,695**  
(Assets used over three months)

### COUPLES 180

Assets to be used over three months:  
24 Personal Training Sessions (60 min., both people trained together)  
48 Red Zone Classes Per Person (with MyZone sensor and app)  
2 Muscle Activation Sessions Per Person  
2 Kin Stretch Sessions Per Person  
4 Custom Assessments  
**Cost: \$4,995**  
(Assets used over six months)

