

Virtual Workout Options

Virtual Group Exercise Classes

- Free classes are streamed live on Zoom and open to everyone.
- Class schedule & Zoom links can be found on our [website](#), our [Facebook events page](#), and [MYiCLUB](#).
- No registration is required for classes.
- Fitness equipment is not needed for classes. When needed, we can help you be creative with household items.
- View and take classes at your convenience anytime via Facebook and Youtube.

Virtual Programming

- **General Workout ideas** ----- Free!
Are you looking for general ideas of workouts you can do on your own?
Our trainers put together several fun and effective ways to stay active.
- **Individual Programs** ----- \$25.00
Do you have more specific goals in mind such as weight loss, toning or muscle building? Our trainers will develop a 1-week program for you using your available equipment which can be repeated with progression.
- **Personalized Programs with Coaching** ----- \$50 by email
Our trainers will design a program specific to you, your goals and the equipment you have available. They will assess your progress and adjust the program on a weekly basis via phone or email over the course of 4 weeks. \$65 by phone

Virtual Personal Training

- Our trainers will meet with you via your method of choice (Zoom, Skype, FaceTime, etc.) to lead you through a 30- or 60-min session. This gives you the most hands on, personalized motivation, guidance and accountability.
- **FREE gift card** incentive for participating in virtual personal training.
- View pricing and details on our [website](#).

Services & pricing listed is for One to One and Next Level Members. Non-member pricing is available upon request.