












A Lifestyle Integrating  
**VITALITY** and **ENERGY**

## ***PRESTIGE Membership***

-  1 of 100 PRESTIGE memberships
-  2 initial personal training sessions  
(fitness assessment, gait and posture assessment, program)
-  1 PT session / month
-  Full access to the facility during hours of operation
-  Full access to cardio equipment
  - ◆ Cardio that is booked in at the front desk ahead of time so that you are guaranteed your time. Never waiting or looking for cardio equipment!
-  Use of functional training equipment
-  Group training classes
-  1 Fitness Book (Training Log)
-  \$5/session discount for PRESTIGE members on all PT session packages
-  Prestige discount on all ALIVE approved products
-  SPA Amenities
  - ◆ Towel Service
  - ◆ Water
  - ◆ Fully equipped shower / locker room

403.225.8554  
alivepersonaltraining.com

