

Monthly Programs

3 Months

Unlimited Alloy Team Training \$68/month
Perucissve Therapy (includes Team Training) 1 x week 15 minutes \$105/month 1 x week 30 minutes \$210/month
Alloy Small Group Training (includes Team Training) 1 x week Small Group \$94/month 2 x week Small Group \$132/month Unlimited Small Group \$190/month
30 Minute Personal Training (includes Team Training) 1 x week Personal Training \$210/month 2 x week Personal Training \$322/month 3 x week Personal Training \$453/month
60 Minute Personal Training (includes Team Training) 1 x week Personal Training \$337/month 2 x week Personal Training \$522/month 3 x week Personal Training \$759/month
60 Minute Partner PT (includes Team Training) 1 x week Personal Training \$177/month* 2 x week Personal Training \$274/month* 3 x week Personal Training \$404/month*
<i>*Cost per person</i>

6 Months

Unlimited Alloy Team Training \$62/month
Perucissve Therapy (includes Team Training) 1 x week 15 minutes \$100/month 1 x week 30 minutes \$200/month
Alloy Small Group Training (includes Team Training) 1 x week Small Group \$84/month 2 x week Small Group \$121/month Unlimited Small Group \$178/month
30 Minute Personal Training (includes Team Training) 1 x week Personal Training \$200/month 2 x week Personal Training \$311/month 3 x week Personal Training \$442/month
60 Minute Personal Training (includes Team Training) 1 x week Personal Training \$315/month 2 x week Personal Training \$491/month 3 x week Personal Training \$723/month
60 Minute Partner PT (includes Team Training) 1 x week Personal Training \$169/month* 2 x week Personal Training \$262/month* 3 x week Personal Training \$380/month*
<i>*Cost per person</i>

12 Months

Unlimited Alloy Team Training \$57/month
Perucissve Therapy (includes Team Training) 1 x week 15 minutes \$92/month 1 x week 30 minutes \$178/month
Alloy Small Group Training (includes Team Training) 1 x week Small Group \$78/month 2 x week Small Group \$110/month Unlimited Small Group \$158/month
30 Minute Personal Training (includes Team Training) 1 x week Personal Training \$178/month 2 x week Personal Training \$280/month 3 x week Personal Training \$406/month
60 Minute Personal Training (includes Team Training) 1 x week Personal Training \$294/month 2 x week Personal Training \$463/month 3 x week Personal Training \$684/month
60 Minute Partner PT (includes Team Training) 1 x week Personal Training \$158/month* 2 x week Personal Training \$245/month* 3 x week Personal Training \$355/month*
<i>*Cost per person</i>

TRAINING PACKAGES



Get Fit! Have Fun! Love Life!

15 Minute Percussive Therapy

Single Session \$27		5 Sessions \$115 \$23/ session		10 Sessions \$210 \$21/ session		25 Sessions \$475 \$19/ session
---------------------	--	-----------------------------------	--	------------------------------------	--	------------------------------------

30 Minute Personal Training/Percussive Therapy

Single Session \$48		5 Sessions \$220 \$44/ session		10 Sessions \$400 \$40/ session		25 Sessions \$925 \$37/ session
---------------------	--	-----------------------------------	--	------------------------------------	--	------------------------------------

60 Minute Personal Training

Single Session \$71		5 Sessions \$345 \$69/ session		10 Sessions \$660 \$66/ session		25 Sessions \$1,575 \$63/ session
---------------------	--	-----------------------------------	--	------------------------------------	--	--------------------------------------

Add Ons

Body Composition Test \$42/ NM\$52		3 Pack Body Composition Test \$105/ NM\$139		Personal Training APP 6 week program \$85 8 week program \$107 12 week program \$150		Partner Personal Training Single Session \$41 each 5 Sessions \$200 each 10 sessions \$388 each
---------------------------------------	--	---	--	---	--	--

MYZONE
MZ-3 Belt \$94.99
MZ-Switch \$104.99

1776 Terminal Drive Richland, WA 99354

(509) 943-8416

www.mycbrc.com

Effective 2/1/2023