



3 Months

Unlimited Functional Group Training
\$72/month

Small Group (incl. Group Training)
1 x week Small Group \$101/month

Percussive Therapy (incl. Group Training)
1 x week 15 minutes \$113/month
1 x week 30 minutes \$227/month

30 Minute Personal Training (incl. Group Training)
1 x week Personal Training \$227/month
2 x week Personal Training \$348/month
3 x week Personal Training \$490/month

60 Minute Personal Training (incl. Group Training)
1 x week Personal Training \$364/month
2 x week Personal Training \$564/month
3 x week Personal Training \$819/month

60 Minute Partner PT (incl. Group Training)
1 x week Personal Training \$191/month*
2 x week Personal Training \$296/month*

**Cost per person*

Monthly Programs

6 Months

Unlimited Functional Group Training
\$66/month

Small Group (incl. Group Training)
1 x week Small Group \$90/month

Percussive Therapy (incl. Group Training)
1 x week 15 minutes \$107/month
1 x week 30 minutes \$214/month

30 Minute Personal Training (incl. Group Training)
1 x week Personal Training \$210/month
2 x week Personal Training \$315/month
3 x week Personal Training \$450/month

60 Minute Personal Training (incl. Group Training)
1 x week Personal Training \$340/month
2 x week Personal Training \$530/month
3 x week Personal Training \$773/month

60 Minute Partner PT (incl. Group Training)
1 x week Personal Training \$180/month*
2 x week Personal Training \$280/month*

**Cost per person*



12 Months

Unlimited Functional Group Training
\$60/month

Small Group (incl. Group Training)
1 x week Small Group \$83/month

Percussive Therapy (incl. Group Training)
1 x week 15 minutes \$98/month
1 x week 30 minutes \$189/month

30 Minute Personal Training (incl. Group Training)
1 x week Personal Training \$189/month
2 x week Personal Training \$290/month
3 x week Personal Training \$430/month

60 Minute Personal Training (incl. Group Training)
1 x week Personal Training \$311/month
2 x week Personal Training \$491/month
3 x week Personal Training \$725/month

60 Minute Partner PT (incl. Group Training)
1 x week Personal Training \$167/month*
2 x week Personal Training \$260/month*

**Cost per person*

TRAINING PACKAGES

Get Fit! Have Fun! Love Life!

15 Minute Percussive Therapy

Single Session \$28		5 Sessions \$125 \$25/session		10 Sessions \$225 \$22.50/session		25 Sessions \$504 \$20.16/session
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30 Minute Personal Training/Percussive Therapy

Single Session \$50		5 Sessions \$230 \$46/session		10 Sessions \$420 \$42/session		25 Sessions \$975 \$39/session
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60 Minute Personal Training

Single Session \$75		5 Sessions \$355 \$71/session		10 Sessions \$670 \$67/session		25 Sessions \$1,625 \$65/session
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Add Ons

Body Composition Test \$45/ NM\$55		Nutrition Program \$355		PNOÉ Testing AMR & RMR \$183 AMR Only \$9150 RMR Only \$9150		Partner Personal Training Single Session \$41 each 5 Sessions \$200 each 10 sessions \$388 each
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MYZONE
OPEN \$29/per year
MZ-3 Belt \$139
MZ-Switch \$149

1776 Terminal Drive Richland, WA 99354

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www.mycbrc.com

