



PHYSIQUE

FITNESS

TRANSFORMATION CENTER

Employee Fitness Program

What Is Physzique Fitness?

We offer 45 minute, small group fitness sessions led by a qualified coach. Each session is a unique combination of bodyweight, free weights, cardio and flexibility training. You will build muscle and burn body fat in a fun, fast paced workout customized to your athletic needs and ability. We work with athletes at any fitness level from beginner to elite and can modify for most injuries.

12 Week Transformation Programs

We also offer 12 week transformation programs 3 times a year that focus on creating healthy nutrition habits and developing a mindset geared towards long term success. (Additional \$50-100 registration fee applies.)

YOUR MEMBERSHIP INCLUDES:

- Unlimited access to group fitness sessions
- Access to nutrition counseling and personalized meal plans
- Free or reduced cost Physzique community activities (mindset Q&A sessions, outdoor group meet ups, community events)
- 30% discount for immediate household family members (18+); young adults 15-18 can join under supervision for \$49/month
- 10% off any products (supplements and swag) or promotional programs (athlete camps, kids summer programs, specialty training)

TO RECEIVE DISCOUNT, YOU MUST BRING:

- Proof of employment (ID badge or payroll stub)
- Debit or credit card to set up automatic payments (no cash or checks unless paying for 12 months up front)

YOUR DISCOUNTS THROUGH SPOKANE PUBLIC SCHOOLS

- ✓ **FREE Two Weeks Small Group Fitness Sessions** (new athletes only)
- ✓ **Group Fitness Unlimited Sessions**
 - **30% regular membership rates**
 - **Month to Month \$90.30/month**
 - **3 Month Agreement \$69.30/month**



**To get started, contact Amy Davis at Physzique Fitness
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