



9331 E. Montgomery, Suite 105 – Spokane Valley, WA 99206

Membership Options	Walk In Rate	Central Valley Rate	Savings
Monthly Access 24/7	\$39.99/month**	\$32.99/month**	20%
Enrollment Fee	\$50.00 one time fee	included	100%
Access Key Card Activation Fee	\$20.00 one time fee	included	100%
Group Fitness Classes	\$99.00/month	\$49.00/month	50%
1 to 1 Personal Training (1 Hour)	\$60.00/hour	\$30.00/hour	50%
Significant Other Add On	\$20.00/month	\$20.00/month	N/A
Student Family Member Add On	\$10.00/month	\$10.00/month	N/A

** State sales tax not included – base prices listed

Additional Perks of being an employee partner:

- One free personal training hour per member
- One free nutrition consult per member
- 50% registration in quarterly fitness challenges

We can also offer guidance in designing a lifestyle perks program that compliments your Health Benefits and Wellness Program for an additional one-time fee (or reoccurring annual fee, if desired). These programs are designed to encourage healthy lifestyles that help employees achieve and maintain the recommended BMI.

Studies show that adults who exercise regularly and follow a balanced diet typically deal with less major health issues such as high blood pressure, cholesterol, heart issues, blood sugar disorders, etc. In addition, working out a minimum 30 minutes a day, 3-5 days a week can increase mental acuity, energy levels, reduce risk of workplace injury and in many cases, even help control and eliminate chronic pain.

To schedule a club walk through, personal training session, nutrition consult or group fitness session, call (509) 385-0909 or email spokanevalley@snapfitness.com

