



PLACE
STAMP
HERE

onshohocken Health & Fitness Club



www.chfclub.com

Membership Pricing

Get Fit. Lose Weight.
Sleep Better. Work Better.
Tone Up. Reduce Stress.

www.chfclub.com/schedules

**onshohocken
Health & Fitness Club**
555 E. North Lane
Conshohocken, PA 19428



Personal Training Rates

- 1 Month Commitment/ \$260/month/ \$65/session
- 3 Month Commitment/ \$240/month/ \$60/session
- 6 Month Commitment/ \$220/month/ \$55/session
- 9 Month Commitment/ \$200/month/ \$50/session
- 12 Month Commitment/ \$180/month/ \$45/session
- 1 x per week personal training
- 4 personal training sessions per month

Individual Session = \$70

All Personal Training Sessions are 1-hour

WHY HIRE A PERSONAL TRAINER?

- Fat Loss - Lose Inches - Improve Strength
- Athletic Conditioning - Lower Cholesterol
- Get Quicker Results - Increase Endurance
- Increase Flexibility - Muscle Gain
- Lower Blood Pressure - Be Healthier

PERSONAL TRAINING

GET ONE FREE
PERSONAL TRAINING SESSION
WHEN YOU SIGN UP
FOR A NEW MEMBERSHIP!



Conshohocken Health & Fitness Club Regular Rates

Yearly Rate Paid in Full:	<u>\$300</u>
Yearly Monthly Rate:	<u>\$29</u>
Monthly Rate: (Cancel Anytime)	<u>\$45</u>

Couple Rates

Yearly Rate Paid in Full:	<u>\$500</u>
Yearly Monthly Rate:	<u>\$49</u>

Student Rates

Yearly Rate Paid in Full:	<u>\$300</u>
1 - Month Rate:	<u>\$45</u>
3 - Month Rate:	<u>\$125</u>

Daily Guest Rates

Daily Guest Fee:	<u>\$10</u>
Daily Aerobic Class Fee:	<u>\$10</u>



Conshohocken Health & Fitness Club

Hours of Operation

Monday - Thursday

5 am—10 pm

Friday

5 am—8 pm

Saturday

7 am—5 pm

Sunday

8 am—5 pm

Website: www.chfclub.com

Email: chfclub@aol.com

610 941-4515

Contact Us!

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