



Worcester Kettlebell Club, LLC provides an enjoyable atmosphere with personalized attention towards your training and nutrition goals. The primary goal of WKC is to help you move better and increase strength so you can feel and perform your best.

We deliver results with effective and safe training and nutrition programs.

Every person is unique and Worcester Kettlebell Club specializes in individual program design.

WKC 30-DAY UNLIMITED TEAM TRAINING EXPERIENCE!

Worcester Kettlebell Club offers a 30-Day Unlimited Team Training Experience membership for \$99. Begin by scheduling your Strategy Session, which includes an FMS screen, and then jump into a program that best serves your specific goals and needs.

All training sessions are one (1) hour blocks. Elite Membership Semi-Private Training sessions are all scheduled by appointment.

WKC SCHEDULE:

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------|--------------|--------------|--------------|--------------|--------------|------------------------|
| 5:45 AM | TEAM | TEAM | TEAM | TEAM | TEAM | KETTLEBELL (6:30am) |
| 7:00 AM | TEAM | | TEAM | | TEAM | |
| 8:15 AM | Semi-Private | Semi-Private | Semi-Private | Semi-Private | Semi-Private | TEAM (7:45am) |
| 9:30 AM | Semi-Private | Semi-Private | Semi-Private | Semi-Private | Semi-Private | KETTLEBELL (9:00am) |
| 10:45 AM | | | | | | TEAM (10:15am) |
| 12:00 PM | TEAM | | TEAM | | TEAM | CLOSED |
| 1:00 PM - 3:45 PM | CLOSED | | | | | |
| 4:00 PM | TEAM | Semi-Private | TEAM | Semi-Private | TEAM | |
| 5:15 PM | TEAM | TEAM | TEAM | TEAM | TEAM | |
| 6:30 PM | | TEAM | | TEAM | | |

Schedule and membership rates are subject to change without notice.

86 Shrewsbury Street, Worcester, MA 01604 – Phone: 508-762-9781

www.WorcesterKettlebellClub.com – info@worcesterkettlebellclub.com

WKC MONTHLY MEMBERSHIP RATES

Team Training Membership:

- A WKC Strategy Session designed to direct your group fitness experience.
- Unlimited access to our strength and metabolic focused classes designed by StrongFirst and FMS certified staff.
- Team Training sessions are limited to eight (8) members to provide you with the highest quality coaching and attention.

| TEAM TRAINING MEMBERSHIP | Month-To-Month* | 12-Month Membership** |
|---|------------------------|------------------------------|
| Unlimited Team Training Sessions | \$219 | \$169 |

Elite Membership:

- Includes all the benefits of our Unlimited Team Training, *PLUS:*
- 2X/Week customized sessions coached by our StrongFirst and FMS certified staff
- Individualized program design written specifically for your goals, and updated every 4-6 weeks as you progress.
- Use of Open Gym.

| ELITE MEMBERSHIP | Month-To-Month* | 12-Month Membership** |
|-------------------------------------|------------------------|------------------------------|
| 2 Semi-Private Sessions/Week | \$429 | \$329 |

Worcester Kettlebell Club, LLC maintains a strict 24-hour cancellation policy for all training sessions. Any session not cancelled at least 24-hours in advance, except in the case of medical or emergency situations, will be counted as a completed session.

* Month-To-Month Memberships auto-renew every month and require a 30-day cancellation notice.

** 12-Month Memberships expire after one (1) year. If you break that commitment before your membership agreement is fulfilled, you will be charged a fee equivalent to the three (3) times the monthly value of your membership.

Memberships can be renewed at same rate as long as current membership is in good standing.

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