NEXTSTEP ORLANDO MEMBERSHIP INFORMATION

MEMBERSHIP LEVELS for New Clients

Guided Exercise Membership (120 min sessions)
- GE 1 (1x per week) = $200/$800* monthly
- GE 2 (2x per week) = $400/$1600* monthly
- GE 3 (3x per week) = $510/$2040** monthly

* 1 and 2 sessions per week at a rate of $100 per hour
** 3 sessions per week qualify for a rate of $85 per hour

Treadmill Training Membership (60 min sessions, $110/hour)
- LT 1 (1x per week) = $440/Month
- LT 2 (2x per week) = $880/Month
- LT 3 (3x per week) = $1320/Month

NMES Membership (60 minute sessions, $110/hour)
- NMES 1 (1x per week) = $440/Month
- NMES 2 (2x per week) = $880/Month
- NMES 3 (3x per week) = $1320/Month

Combined Memberships*
- Guided Exercise + Treadmill Training
- Guided Exercise + NMES

* Combined membership prices will be determined by the cost to “upgrade” the GE price to the LT or NMES price respectively.

Stretching Membership
- 60 minute stretch sessions = $160/Month

Simple Gym Membership
- Do-it-Yourself Membership = $50/Month 60 minute Guided Exercise

A La Carte (individual sessions)
- 60 minute Guided Exercise= $100
- 60 minute Treadmill Training= $110
- 60 minutes NMES- $110