

Small Group Strength Training

2x a week

\$110

per week

3x a week

\$150

per week

4x a week

\$185

per week

WHAT'S INCLUDED

Full Gym Access

Access to Programming to Workout on Own

Nutrition Guidance and Accountability

Access to Chat Channels with Group & Coaches

Weight Tracking & Results Tracking

DETAILS

12 week minimum commitment

14 day notice to cancel after the 12-week commitment

One 7-day freeze permitted every 12 weeks

Sessions have a 21-day Expiration, but roll over each week

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