

MEMBERSHIPS*, SERVICES & CUSTOM CONDITIONING PACKAGES

◆ **Season Sizzler:**

\$499.00 PIF or \$279.00/month @ 2 months

INCLUDES: Custom Nutrition Program, Two Months Unlimited Access to our NEW Online Expert Nutrition & Fitness Software Platform, 10 PT Sessions with a Certified Technician, Two Month Facility Membership, Thermal Food Bag, Daily Fitness Planner, Sport-T-Shirt

◆ **Buddy-Up:**

\$900.00 PIF or \$99.00/month @ 12 months

INCLUDES: Custom Nutrition Program, Unlimited Access to our NEW Online Expert Nutrition & Fitness Software Platform, Unlimited Group Exercise Classes** including Strength Training, Core Conditioning, Buns & Abs, Abs of Steel, Plyometrics, Yoga, and Stretching Classes. Unlimited Facility Membership, Thermal Food Bag, Daily Fitness Planner, Sport-T-Shirt

◆ **FITT SERIES PACKAGE:**

\$Price is Variable and Based on Package Length

INCLUDES: Custom Nutrition Program, Two Months Unlimited Access to our NEW Online Expert Nutrition & Fitness Software Platform, Private Training, Cardiovascular Conditioning, Core Conditioning, Frequent Progress Evaluations, Nutrition & Fitness Evaluations, Heart Rate Monitor, Thermal Food Bag, Digital Food Scale Daily Fitness Planner, Sport-T-Shirt, Fat Loss and Production of Lean Muscle Tissue is Guaranteed .

◆ **PRIVATE ONE-ON-ONE STRENGTH TRAINING INSTR:**

1-2 sessions @ \$75.00 ea	\$75-\$150.00
3 sessions @ \$65.00ea	\$195.00
6 sessions @ \$55.00ea	\$330.00
12 sessions @ \$45.00ea	\$540.00
24sessions @ \$35.00ea	\$840.00
36 sessions @ \$25.00ea	\$900.00

◆ **MONTHLY MEMBERSHIPS***

Facility Only
\$29.00/MNTH

Facility w/ Nutr. Pltfrm/Unlmted Group Exrcse
\$39.00/MNTH

Facility w/ Nutr. Pltfrm/Unlmted Group Exrcse/2 PT
Sessions
\$49.00/MNTH

*Facility memberships are made available only to clients who have previously participated in a structured INTRAFITT Curriculum and have been instructed on how to eat and exercise optimally

For questions or comments call Membership Services at 704.781.0400 or email us at

info@intrafitt.com

DISCOUNTS AVAILABLE FOR

Senior Citizens, Students, Military,
Law Enforcement & Fire & Rescue



"The doctor of the future will give no medicine but will instruct his patient in the care of the human frame, in diet and in the cause and prevention of chronic and degenerative disease"

Thomas Edison



INTRAFITT

Total Health & Fitness Center

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*"Innovating a
Better Life, For the
Rest of Your Life"*





What is INTRAFITT?

Unlike all other commercial and independent diet and exercise programs in the world, that encourage you to cut calories and increase your daily activity in an effort to promote weight loss so that when you eventually abandon the diet and gain all of the weight back; you will need to repeat the entire process again and again and again!

INTRAFITT (**INTRA-Cellular Fitness**) is a comprehensive Individualized Nutrition and Exercise Program designed to teach you exactly What, When and How to Eat, Exercise and Channel your Thoughts in order to optimize your attitude, blood sugar and regulation of hormones.

This process in of itself directly influences the PNEI (Psycho-Neuro-Endocrino-Immunological) System of the body to promote the efficient wasting of excess energy (stored body fat) while simultaneously accelerating the synthesis of new biological proteins and lean body mass. This cascade of powerful metabolic transactions inadvertently increases the body's automatic energy wasting capabilities, thus making it virtually impossible to store body fat ever again!

While this may seem like a complex array of metabolic processes...it is a fact! "The INTRAFITT Program has NO Equal and is a curriculum that anyone desiring to live life to the fullest should engage!

What Makes the INTRAFITT Program So Unique and Effective?

The INTRAFITT Program is the most unique and effective conditioning program in the world because its concepts and applications influence all of the major regulatory systems (including the psyche, nervous system, endocrine system and immune system) of the body thus encouraging balance throughout the Mind, Body & Spirit! This irrefutable approach to metabolic reconstructiveness has provided the basis of our success for nearly twenty years and will enable INTRAFITT program participants to fully understand the powerful impact that food, exercise and thoughts have on their mind, body & spirit for evermore!

How Can I Ensure My Success With the INTRAFITT Program?

The INTRAFITT Individualized Nutrition and Exercise Program is a structured curriculum providing you with an exact outline of how to eat and exercise in order to successfully achieve your immediate and long term goals! The education that you will obtain throughout the INTRAFITT Curriculum will provide you with the necessary skills needed to develop effective meal plans and exercise protocols thus enabling you to experience noticeable improvements in health, fitness and performance on a daily basis!

In addition to the Lifetime of useable knowledge and instruction that you will obtain as a result of your participation in the INTRAFITT Curriculum; periodic evaluations will also be provided (by a certified technician) and will include a variety of area progression updates including **body composition, systemic performance analysis, resting heart rate, muscular strength & endurance testing** and sit & reach evaluations.

Supplementary Q & A sessions are also included to ensure that any questions or concerns that you may have throughout the entire curriculum are addressed on a regular and consistent basis.

The vast array of INTRAFITT Curriculums will also teach you how to order meals in restaurants and how to exercise effectively when traveling on the road (in the event you travel for a living) so that no matter where you are or what environment you find yourself in, you will always be able to achieve and maintain your desired health & fitness goals.....No Matter What!

"Remember, You Don't Have To Be Great to get Started, But You Do Have To Get Started To Be Great!"

CALL 888.212.6622 TODAY FOR A COMPLIMENTARY NUTRITION & FITNESS ASSESSMENT OR WRITE US AT INFO@INTRAFITT.COM

FACILITY HOURS

Monday - Friday

5am- 9:30pm

Saturday

7am- 1pm

Sunday / Closed