

Phoenix Plaza Fitness Center

A **LifeStart**™ Center

Two full lines of selectorized strength equipment | Comprehensive free
Weight room | Complete selection of cardiovascular equipment
Variety of cutting edge fitness classes | Executive Locker Rooms | Massage | Sauna
Affordable membership rates-no contract | Complimentary parking

Membership Rates

Initiation Fees

Individual Annual	\$50
Individual Month-to-Month	\$100
Couple Annual	\$75
Couple Month-to-Month	\$150
Senior (60+) Annual	\$25
Senior (60+) Month-to-Month	\$50

Monthly Fees

Individual	\$45/month
Couple	\$75/month
Senior*	\$35/month

*(8-11am and 1-4pm M-F & all day on Saturday.

Monthly memberships are paid through monthly EFT deductions via credit card or checking account. All memberships require a 30-day notice for cancellation. All enrollees are required to sign a Membership Agreement and Policy Acknowledgement prior to receiving Membership privileges.

Tyler Webb

General Manager

twebb@lifestart.net

Locker Rental

Small - \$10/month Executive - \$20/month Laundry - \$10/month

Shane Asbury

Regional Manager

sasbury@lifestart.net

Personal Training

One-on-One

30 Minute Sessions	45-minute Sessions
1 session \$38	1 session \$46
5 sessions \$160	5 sessions \$200
10 sessions \$305	10 sessions \$370
20 sessions \$570	20 sessions \$690

Group Training Sessions

Minimum of 3 participants/session

and maximum of 5.

1 session per week - \$50 / month
2 sessions per week - \$90 / month
3 sessions per week - \$125 / month

Executive Training Upgrade

12-sessions/month	30 minute	\$200/month
12-sessions/month	45 minute	\$290/month

All services must be paid for in-full and in-advance via cash, check or credit card.
All Fees Are Subject To Change.

Club Hours

Monday - Thursday
5:30AM - 8:00PM

Friday
5:30AM - 7:00PM