



LifeStart Fitness at the Viad Corporate Center

Cybox selectorized strength equipment | Comprehensive free
Weight room | Complete selection of cardiovascular equipment
Variety of cutting edge fitness classes | Executive Locker Rooms | Massage | Sauna | Steam
Health Risk Evaluation | Personal Training | Complimentary parking
Wellness Programs (cholesterol screening, weight loss programs, stress management flu shots etc.)

Membership Rates

Initiation Fees

Individual Annual	\$50
Individual Month-to-Month	\$100
Couple Annual	\$50
Couple Month-to-Month	\$100
Senior (60+) Annual	\$0
Senior (60+) Month-to-Month	\$50

Monthly Fees

Individual	\$45/month
Couple	\$75/month
Senior*	\$30/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.

Locker Rental

\$10/month (\$5 additional for laundry service)
\$20/month - Executive (laundry service included)

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 Personal Training

10-sessions/month	30 minute	\$175/month
12-sessions/month	30 minute	\$200/month
12-sessions/month	45 minute	\$290/month

There is a Guest Fee charge for non-members on all personal training options.

Massage Therapy

30 minute session \$35 60 minute session \$60 90 minute session \$85

Discounted packages available. By appointment only.

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

**Corporate
Memberships
Available**

Club Hours

Monday - Friday
6:00am - 8:00pm

Saturday & Sunday - Closed

Staffed Hours

Monday - Friday
10:00am - 2:00pm

**Saturday only
Viad Fitness Center members
are welcome to use:**

Phoenix Plaza Fitness Center
2909 N. Central Road
9:00am - 3:00pm
or
Renaissance Athletic Club
2 N. Central Ave
8:00am - 3:00pm