



The most complete gym in Auburn

**MEMBERSHIP PRICING**

<b>Gym Only</b>	<b>Classes</b>
<b><u>12 MONTH (contract)</u></b> \$35 - Monthly \$400 - Prepay	<b><u>Bootcamp / Cardio Kickboxing</u></b> (3 month commitment required) \$75 - Monthly \$220 - 3 Months prepay / \$825 - 12 Months prepay
<b><u>3 MONTH</u></b> \$49 - Monthly (3 month commitment) \$140 - Prepay	<b><u>Brazilian Jiu Jitsu</u></b> (3 month commitment required) \$120 - Monthly \$350 - 3 Months prepay / \$1,320 - 12 Months prepay
<b><u>MONTH TO MONTH</u></b> \$60	<b><u>Muay Thai / MMA</u></b> (3 month commitment required) \$110 - Monthly \$320 - 3 Months prepay / \$1,200 - 12 Months prepay
<b><u>PASSESS</u></b> \$10 - One-day gym pass \$15 - All day class pass	<b><u>Kids MMA / Jiu Jitsu</u></b> (3 month commitment required) \$50 - Monthly \$145 - 3 Months prepay / \$560 - 12 Months prepay
<b><u>ALL ACCESS (BEST VALUE!)</u></b> Gym & Unlimited Classes \$150 - Month to month / \$435 - 3 Months prepay / \$1,725 - 12 Months prepay	
<b><u>FAMILY add-on</u></b> \$25 per person	<b><u>FAMILY add-on</u></b> \$80 per person
<b><u>10% off</u></b> Firefighters, law enforcement, corrections, active/retired military, and local school athletes	<b><u>CANCELLATION FEE</u></b> \$50 (3 month commitment) \$125 (12 month contract)

**Try your first time at any of our classes for free!!!**

**Our Services:**

- Weight Loss Programs
- Nutrition Coaching
- Personal Training
- Medical Exercise & Post Rehab
- Sport Specific Training
- Competitive Bodybuilding

**Classes:**

- Boot Camps & Cardio Kickboxing
- Strength & Conditioning Boot Camp
- Submission & Grappling Techniques
- Muay Thai Kickboxing
- Boxing & Striking
- Brazilian Jiu Jitsu

**HOURS OF OPERATION:**

- Monday-Thursday 6 am - 9 pm
- Friday 6 am - 7 pm
- Saturday 8 am - 5 pm
- Sunday Closed

**Life Altering Fitness**

4035 Grass Valley Hwy, Suite H  
 Auburn, CA 95602  
 530-885-2600