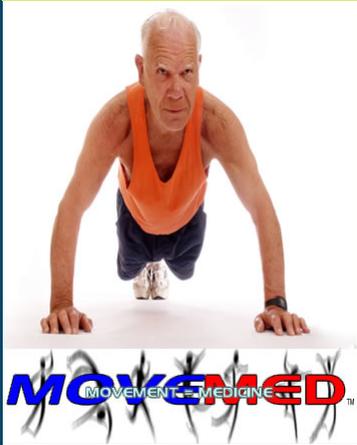




| PROGRAM | DESCRIPTION |
|---|--|
|  <p>Habit.</p> | <p>This fitness and performance coaching program is designed to meet your special health and fitness needs and apply proven action plans that will assist you in your quest for optimum performance. These One-on-One programs are focused and flexible. Your practice will employ proven performance strategies that have been enhanced through 15-years of coaching experience, from the professional athlete to grandmothers alike.</p> |
|  | <p>*ADVENTUREFIT coaching plans will get you ready for whatever amazing experience awaits you! During this 6-week commitment you will train and integrate all 10 Physical Skills including: cardiorespiratory endurance, stability, strength, flexibility, speed, power, balance, accuracy, agility, and coordination. Your program may also include the carefully selected ADVENTUREGEAR-PAK including: Dynamax 4lb soft med ball, Bosu, and SKLZ Suspension Straps. Each piece of this gear-pak was selected for its versatility of exercises, effectiveness and ready-to-use features.</p> <p>Whether your adventure is a hike through suburbia or scaling a rock wall, ADVENTUREFIT will make sure that you can do it more confidently and strong.</p>  |
|  <p>MOVEMED MOVEMENT - MEDICINE™</p> | <p>Movement is Medicine! If you're over age 50, your body has been through a lot, and muscles and joints will tighten, range-of-motion (ROM) will decrease, along with strength, stability, balance, flexibility, and agility. To turn-around the natural degradation of the body, your body needs to move; exactly what you are not motivated to do while things hurt.</p> <p>MOVEMED is the safe and effective way to regain and increase your fitness and offset some of the negative affects of aging. Once completing our Healthy Factors posture and fitness assessment, you will begin making progress, at your current ability level, towards greater health, fitness and autonomy.</p> <p>The MOVEMED personal coaching program will take your body through your greatest current ROM at each joint following our FLOW® Exercise System. The FLOW® System will effectively increase your total fitness while decreasing pain and discomfort that are caused from inactivity, poor posture, poor form of exercise, and/or other incorrect body-position habits.</p> |

| Practice Frequency (PERSONAL BEST! & MOVEMED®) | Investment (requires 3-mos commitment) |
|---|--|
| 1x Per Week/3-mos/12-total practices | \$1500 |
| 2x Per Week/3-mos/24-total practices | \$2760 |
| 3x Per Week/3-mos/36-total practices | \$3780 |
| Per Practice | \$135 |
| * ADVENTUREFIT™ SCHEDULE 2 or 3 Practices per week/6-weeks | \$1500/\$2250 (with ADVENTUREGEAR +\$390) |
| All Progressive Fitness Coaching personal programs include an initial individual nutrition guidance plan. | |
| Platinum Coaching Plan is an annual rate offering a 10% discount | |