

# Student/Adult Memberships

**\*3months\*6months**

**\*1 year**

## Personal Training

Single, Group Sessions of #2 or more are available for Beginners to Advanced which tailors all fitness levels. Workouts are personalized to target each individual's Goals and Expectations.

**Student P.T. 1HR \$29.99**

**#2 Student P.T. 1HR \$19.99 each**

**Monthly Student APT Sessions Unlimited \$99 Monthly EFT drafts.**

### Adult P.T. Rates

**1HR P.T. \$49.99**

**#2 Person P.T. \$29.99 each**

**#3 Person P.T. \$24.99 each**

**#4 Person P.T. \$19.99 each**

**Monthly Adult Slam Session Membership Unlimited \$99 Monthly EFT Drafts.**

### Unlimited Packages

**3 MONTHS/ \$297**

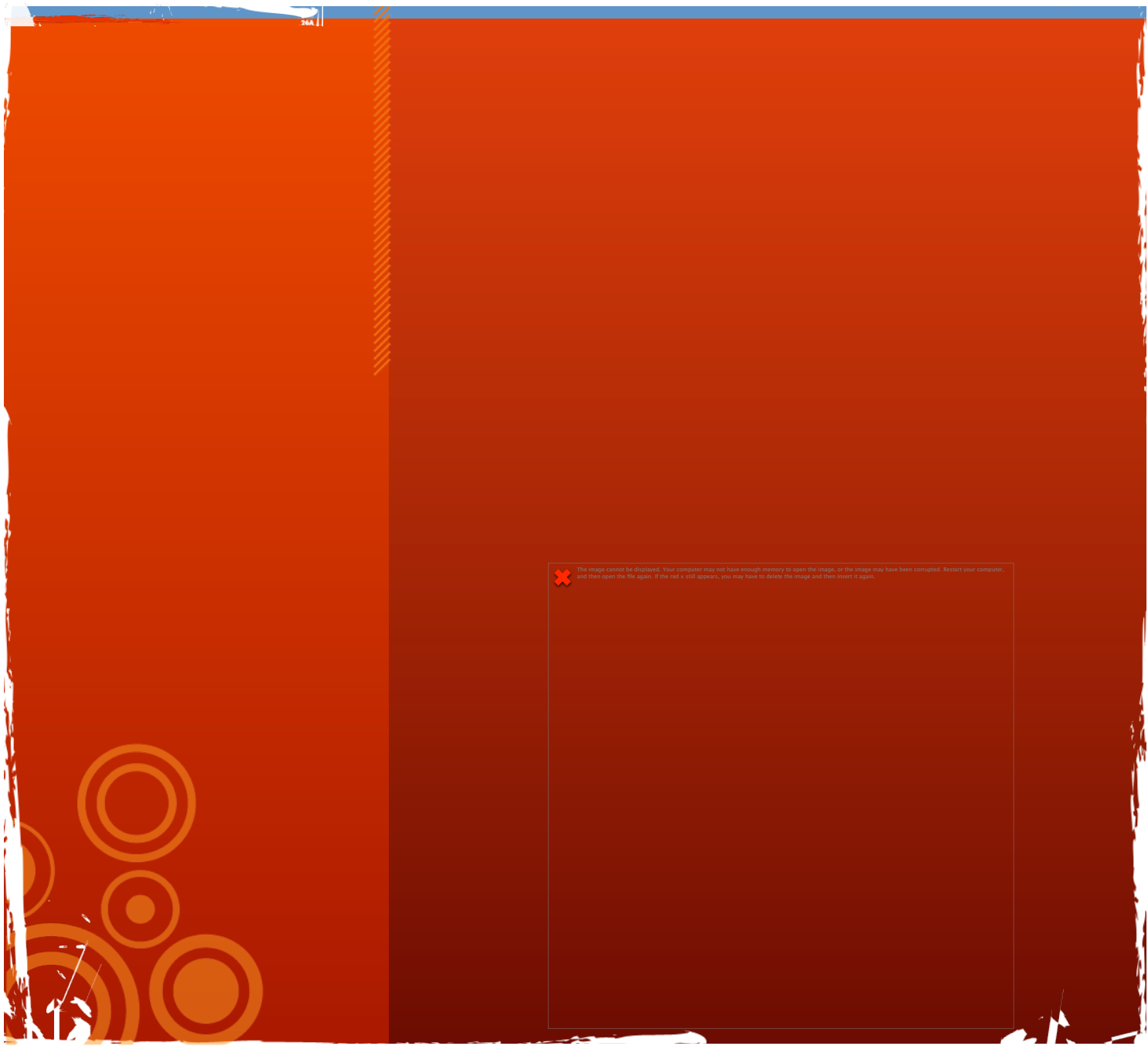
**6MONTHS/ \$594**

**1 YEAR / \$1,089**

**Monthly EFT \$99**

**~~99.00~~ Initiation Fee New Members**

**19.99 Initiation Fee**



# SLAMM

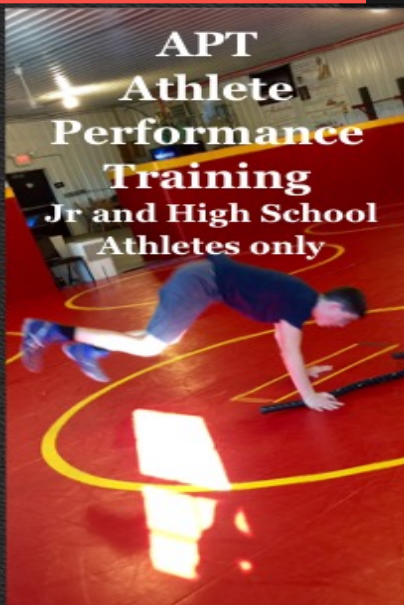
## FITNESS

**YOU WANT  
RESULTS?  
THEN TRAIN  
LIKE IT.**

264 Munce Road  
Washington, PA 15301

Tracy Adams  
Owner & Master Trainer

412-953-3603



**NASM  
MASTERTRAINER**

# SLAM SESSIONS

AMERICAN COUNCIL ON EXERCISE



CERTIFIED PERSONAL TRAINER



Set a  
GOAL!  
Make it  
HAPPEN!  
Feel  
PROUD!



## TRENDING!

### SLAM FITNESS

The Newest & Hottest workout around! SLAM Fitness Training. Come out to SLAM Fitness and GET the PERSONAL attention YOU deserve! My training sessions are like no other around! Reach your goals in no time! My workouts include body weight training, agility, HIIT, kickboxing, free weight training, spin, cardio-box, Cardio SLAM boot camp, TRX, KB, Heavy bag drills, GNP-MMA Drills, band and tubing resistance training and Athlete Performance Training.

## SLAM SESSIONS

MON/WED/FRI  
9:00AM - 10:00AM (LOF)

10:30AM - 11:30AM (LOF)

NOON - 1:00PM (LOF)

1:00PM-3:00PM(OPEN FOR PERSONAL TRAINING)

TUES /THURS

4:30PM - 5:30PM (APT)

5:45PM - 6:45PM (LOF)

7:00PM - 8:00PM (LOF)

SATURDAY

8:30AM - 9:30AM (LOF)

9:45AM - 10:45AM (APT)

Sessions Target L.O.F. "Ladies ONLY Fitness" & A.P.T.  
"Athlete Performance Training" for JR & High School Athletes.

PERSONAL /GROUP TRAINING BY APPT.ONLY

Call and schedule a free trial today.

CALL TRACY AT 412-953-3603

AFPA



American Fitness  
Professionals & Associates