

# HAVE YOU HEARD ABOUT THE U?

Inspire U is a 90 day program that breaks all the rules of fitness. This is not another 10 week short-term fix or a cut and paste of the latest workout DVD. Our metabolic conditioning integrates cardio and weight training into 5 distinct workouts to increase your metabolism, lean muscle, and endurance. Today people want muscle tone and fat loss. They want to look good and live better. This program is based on exercise physiology principles, nutritional biochemistry and specific programming to ensure that U are getting the results you deserve.

Service Offered	Competitors Gym Membership	Competitors 10 Week Program	Competitors Personal Trainer	INSPIRE U
Life Coach				
Nutritional/Activity Tracking System				
Lifestyle Manual				
Certified Trainers				
Multi- Level Circuit Training				
Personal Goal Setting with Coach				
Swim, Run/Walk, Bike Groups				
On Site Services				
Weekly Accountability				
Comprehensive Body Composition				
Join Anytime				
Never the Same Class				
Constant Progression				

## U INSPIRED YET?

State Employee Discount 20%

90 day life Program: \$350

Monthly Membership: \$99