

A strength and conditioning facility offering the opportunity to be the star of your own arena.

## SERVICES

### SEMI-PRIVATE

Premium service offered by KILOS Performance and Fitness. perks include a limited adaptable schedule that allows the individual to train in any and all semi-private training time available. Semi-private programs are designed with the individual in mind. Each program is tailored for the individual from warm-up to cool down. Semi-private training is executed in a team environment. Individuals will grow, support and develop each other as supportive forward thinking community.

#### Schedule: Adaptable

Training duration: 60-90 minutes  
Number of participants: 8 per session hour  
Training days per week: Dependent on the consumer.

#### Cost-

2 sessions per week \$30/session or \$240/month  
3 sessions per week \$27.50/session or \$330/month  
4 sessions per week \$25.00/session or \$400/month

### GROUP

Group conditioning classes are designed with the time frugal and health conscious individual in mind. These classes will begin with a comprehensive warm-up followed by strength, power, conditioning, agility or flexibility. The program implemented will be designed with the needs of group in mind not the individual. As the group grows and develops so will the program.

#### Schedule: Adaptable

Training duration: 45-60 minutes  
Number of participants: 15-20 per group  
Training days per week: 2-3 days per week

#### Cost-

##### 3 sessions per week

6+ month commitment \$120/month  
6- month commitment \$150/ month

##### 2 sessions per week

6+ month commitment \$80/month  
6- month commitment \$100/month



### SILVERBACK NATION

These individuals attend KILOS Performance and Fitness in-order to increase their competitive total. These individuals will participate in the program based on the team. These individuals will not have an individualized program. Powerlifters will be on a powerlifting program, weightlifters will be on a weightlifting program. Each individual will be expected to compete once per year. Specific training times are in place in-order to maximize team environment and training atmosphere.

#### Schedule: Fixed

Training duration: Allotted 60-90 min  
Number of participants: 12-15 team members  
Training days per week: 4 days per week

#### Cost-

Flat rate, 12 month minimum - \$200/month

### ADDITIONAL SERVICES

KILOS is proud to offer an array of additional services including nutrition coaching, sport-specific high school athletic development, Jr KILOS and open gym hours.



# K I L O S

PERFORMANCE & FITNESS

EST. 2018

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## SCHEDULE

### SEMI-PRIVATE

Monday 6:00-8:30 am / 4:30- 6:00 pm  
Tuesday 7:00-9:00 am / 4:30-5:30 pm  
Wednesday 6:00-8:30 am / 4:30-6:30 pm  
Thursday 7:00-9:00 am / 4:30-5:30 pm  
Friday 6:00-8:30 am / 4:30-6:00 pm

### GROUP

Monday 9:30-10:30 am / 6:00-7:00 pm  
Tuesday 6:00-7:00 am / 5:30-6:30 pm  
Wednesday 9:30-10:30 am  
Thursday 6:00-7:00 am / 5:30-6:30 pm  
Friday 9:30-10:30 am / 6:00-7:00 pm  
Saturday 6:30-7:30 am

### SIL VERBACK NATION

Monday 8:30-9:30 am  
Tuesday 9:00-10:00 am  
Wednesday 8:30-9:30 am  
Thursday 9:00-10:00 am  
Friday 8:30-9:30 am

### HIGH SCHOOL

Tuesday 4:30-5:30 pm  
Thursday 4:30-5:30 pm

### JR KILOS

Monday 3:30-4:30 pm  
Friday 3:30-4:30 pm

This schedule is subject to change.

**OPEN GYM**

**SATURDAY  
7:30-9:30 AM**

