



RESULTS ONLY

Fitness and Catalyst Coaching



M-TH

FRI

SAT

SUN

5:30am

5:30am

Closed

7:00am

7:00am

7:00am

8:15am

8:15am

8:15am

9:30am

9:30am

9:30am

4:30pm

4:30pm

5:45pm

5:45pm

7:00pm



MON - THU, 11:00am - 4:00pm: Training by appointment only

602.944.0747

www.ResultsOnly.com

7030 North 7th Street Phoenix, AZ 85020





theDetails

Unlimited Membership \$295 per month x 12 months

- Our most popular membership gives you unlimited access to our high energy group fitness coaching sessions.
- Our scientifically designed group fitness programs boost your metabolism, decrease injuries, increase your strength and your functional movement in day to day activities!
- One intensive instructional coaching session each month working on your specific needs and goals in a semi-private setting.
- Individualized program design written specifically for you (changed every 4-6 weeks).
- Ability to freeze your membership for 2 months during the term.

Responsibility starts with you
Expect positive outcomes
Strive to bring out the best in yourself
Utimize your personal talents daily
Lead by example
Treat challenges like opportunities
See possibilities and focus on solutions
Only have good days and great days
Nurture open and honest relationships with communication
Let your passion deliver
You make it happen! Every Day!



Essentials Membership \$195 per month x 12 months

- Twice per week access to our high energy group fitness coaching sessions.
- Our scientifically designed group fitness programs boost your metabolism, decrease injuries, increase your strength and your functional movement in day to day activities!
- Ability to freeze your membership for 2 months during the term.

Short Term Membership Options

- **3 Month Unlimited Membership • \$345 per month x 3 months**
All of the benefits of our Unlimited Membership with only a 3-month commitment.
- **3 Month Essentials Membership • \$245 per month x 3 months**
All of the benefits of our Essentials Membership with only a 3-month commitment.
- **One time membership fee: \$89 to get started on all memberships.**

