

Court One **30** Day Fitness Package

We are providing a **30-day fitness package** because we want everyone to feel more confident in the gym and healthier than ever before! Our trainers are highly qualified and ready to help you reach YOUR goals!

Here is everything included in the 30 day package:

- **Assessment:**

It is important see where you are, to know where you need to go. This assessment includes an *InBody* test and an interview with a certified personal trainer to discover your goals and history with exercise.

- **Personal Training Sessions:**

Four 30-minute one-on-one sessions with an experienced trainer to get you started or back to working out.

- **Virtual Personal Training Sessions:**

Unlimited access to our fitness app, providing you with workouts designed by our personal trainers, to help you lose weight and build muscle!

- **Nutrition Tracking and Custom Macros:**

Nutrition is a huge component for you reaching your goals and how you feel. So we get you started by providing custom macros and a way to track what you eat for ultimate success!

- **Our Family:**

Support from our trainers, staff, and members to encourage and support you in reaching your goals.



Contact:

Kirk Henske

Ph: 517.908.3223

Henske.kirk@courtone.com

You get all this for just \$99

COURT **1 ONE**
ATHLETIC CLUBS

Not a Member yet?... No Problem!

For non-members get everything listed above PLUS ...

1 Month Membership to Court One Athletic Clubs where you will have access to basketball courts, indoor/outdoor pools, cardio and weight equipment.

You get all this for just \$139

Why Choose Court One's Personal Trainers?



Accountability

Our trainers make it their mission to help you reach your goals by holding you accountable. Either virtually or in person, you will get the guidance you need!



Community

You're not joining a gym, you're joining a family and a community of like-minded people that will give you the positive support and the environment you need to succeed.



Experience

Our team of highly qualified trainers have the experience, skills and training required to help you achieve your goals in a safe effective way!