



IRONWORKS Fe™

Membership Fees



<p>3 Month Membership - \$300</p> <ul style="list-style-type: none">•Unlimited Classes•Complimentary t-shirt	<p>6 Month Membership - \$600</p> <ul style="list-style-type: none">•Unlimited Classes•PLUS 3 Personal Training Sessions•Complimentary t-shirt	<p>1 Year Membership - \$1200</p> <ul style="list-style-type: none">•Unlimited Classes•PLUS 6 Personal Training Sessions•Complimentary t-shirt
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<p>Group Training Packages</p>	<ul style="list-style-type: none">• Single Walk-In - \$30• 10 Pack - \$25e = \$250• 20 Pack - \$20e = \$400
<p>Personal Training Packages</p>	<ul style="list-style-type: none">• Single Session - \$105• 6 Pack - \$95e = \$570• 12 Pack - \$90e = \$1080• 24 Pack - \$85e = \$2040• 48 Pack - \$80e = \$3840
<p>Stretch Packages (30mins.)</p>	<ul style="list-style-type: none">• Single Session - \$50• 6 Pack - \$40e = \$240• 12 Pack - \$30e = \$360

Classes/Sessions offered:

- Kettlebell Fitness Training
 - ✓ Resistance, Cardio, Flexibility and an extreme fat burn... in one action packed class
 - ✓ Learn Safe, Effective & Efficient kettlebell training
- Kettlebell Sport Training
 - ✓ Strength Endurance, Explosiveness, & Weight loss while preparing for Competition
 - ✓ Train with our Competition Team and experience the world of Kettlebell Sport
- Kettlebell & Kickboxing
 - ✓ Main styles include: Thai Kickboxing and Boxing for High Intensity Cardio Workout
 - ✓ Fe Style Kettlebell Training for extreme Body Sculpting effects
- Body Weight Circuit Training
 - ✓ Train through the most challenging circuits the IRONWORKS Fe facility has to offer; this is functional training at it's best: Rope Battling, Plyometrics, Kettlebells, & more!
- Russian Sambo*
 - ✓ A complete Mixed Martial Arts system integrating techniques from Aikido, Wrestling, Judo, Jiu-Jitsu and Karate; This class offers Sports as well as Combat techniques in a safe controlled environment so that students learn self-defense while having fun. *This is a separate program; please inquire for details.
- Ashtanga Yoga*
 - ✓ Learn to synchronize your breathing while holding a progressive series of postures-a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind.*This is