

Fit by Mim @IHA Membership Options

Fitness Consultation \$45

30 minute meeting (virtual, telephone or in-person).

- For IHA members who want to discuss a course of fitness that they intend to carry out on their own.
- Recommendations will be based on their self-assessment and information provided by IHA.
- Recommendations will be recorded and sent to member and IHA staff.

Small Group Training at IHA

Each week small groups will meet twice with a trainer and once or twice independently, conducting a “workout of the day” together at the gym. Small group commitments are 8 weeks long. **Fees are due at the beginning of each 8 week cycle.**

Client support via email, phone or text included.

Pricing for IHA members is \$250 per person (\$360 per couple)

Non-IHA member \$300/per Person (\$430 per couple)

Fees are non-refundable but may be transferred at the discretion of Fit by Mim.

Groups are formed based on information provided in [this survey]:

Name and contact info

Gender and age

How many days a week are you willing to commit to workout for one hour?

Are you willing to be in a co-ed class?

What is your current activity level?

Do you have any goals?

What are your main motivating factors in beginning this exercise regime?

What is your weekly availability (keep in mind gym hours are currently M-Sat 8am-7pm)

Please note what your preferred workout times are within your availability.

Personal Training at IHA

One on one fitness plans Plans are individualized based on the client’s needs and goals. Additional independent gym use during specific open gym hours included. Client support via email or text will be included.

\$82/hour for IHA members

\$98/hour for non-IHA members