

## **NEXTSTEP ORLANDO MEMBERSHIP INFORMATION**

### **MEMBERSHIP LEVELS for New Clients**

#### **Guided Exercise Membership (120 min sessions)**

- GE 1 (1x per week) = \$200/\$800\* monthly
- GE 2 (2x per week) = \$400/\$1600\* monthly
- GE 3 (3x per week) = \$510/\$2040\*\* monthly

**\* 1 and 2 sessions per week at a rate of \$100 per hour**

**\*\* 3 sessions per week qualify for a rate of \$85 per hour**

#### **Treadmill Training Membership (60 min sessions, \$110/hour)**

- LT 1 (1x per week) = \$440/Month
- LT 2 (2x per week) = \$880/Month
- LT 3 (3x per week) = \$1320/Month

#### **NMES Membership (60 minute sessions, \$110/hour)**

- NMES 1 (1x per week) = \$440/Month
- NMES 2 (2x per week) = \$880/Month
- NMES 3 (3x per week) = \$1320/Month

#### **Combined Memberships\***

- Guided Exercise + Treadmill Training
- Guided Exercise + NMES

**\* Combined membership prices will be determined by the cost to “upgrade” the GE price to the LT or NMES price respectively.**

#### **Stretching Membership**

- 60 minute stretch sessions = \$160/Month

#### **Simple Gym Membership**

- Do-it-Yourself Membership = \$50/Month 60 minute Guided Exercise

#### **A La Carte (individual sessions)**

- 60 minute Guided Exercise= \$100
- 60 minute Treadmill Training= \$110
- 60 minutes NMES- \$110