



MISSION STATEMENT

At AMA Fitness Center, we are committed to making a **positive impact** in our clients' physical well being by developing **personalized and results-oriented fitness programs**, utilizing an integrated scientific approach, and implementing those programs in a **nurturing environment**.

FITNESS PROGRAMS AND FEE SCHEDULE

Initial Health & Fitness Consultation:

Only \$65*

- Body fat Analysis
- Weigh in
- Blood Pressure
- Nutrition / Lifestyle Analysis
- Goal Setting

Personal Fitness Training:

- Single Session: \$60.00
- 10 Sessions Paid in Advance: \$550.00
- Partner Training (2 people): **SAVE!** \$40.00 ea.
- Group Fitness (3 people): **SAVE!** \$37.50 ea.
- Half Hour Session: \$40.00
- Half Hour Group Fitness (up to 3 people): \$30.00 ea.

Pilates:

- Single Session: \$65.00
- Five Sessions Paid in Advance: **SAVE!** \$285.00 (\$57)
- Ten Sessions Paid in Advance: **SAVE!** \$550.00 (\$55)
- Partner Training (2 people): **SAVE!** \$40.00 ea.
- Group Pilates (3 people): **SAVE!** \$37.50 ea.
- Half Hour Session: \$40.00
- Half Hour Group (up to 3 people): \$30.00 ea.
- Matt Class (5 person minimum): **SAVE!** \$18.00 ea

Massage:

- Neuromuscular Therapy / Deep Tissue: Traditional massage w/ specific trigger point release techniques.
- Thai Massage: Incorporates massage, acupressure and passive stretching.
- Swedish Massage: Therapeutic/relaxation massage.

- ❖ One Hour \$65.00
- ❖ Half Hour \$35.00
- ❖ One Hour and A Half **SAVE!** \$90.00
- ❖ Package of Ten, Hour/Messages **SAVE!** \$600.00

ASK US ABOUT A FREE Health & Fitness Consultation* FOR YOU OR YOUR FRIEND ... worth well over \$65!

**CALL US FOR DETAILS AND TO SCHEDULE YOUR CONSULTATION!*

... TAKE ADVANTAGE OF OUR GREAT Partner & Group Fitness Training AND \$AVE BIG!

VISIT OUR SITE AND READ THE TESTIMONIALS – AMA Fitness Center will be an easy choice as a way to reach your goals!

**CALL TODAY!
727-785-4773**

Or email for more info!
info@amafitness.com

**AMA Fitness Center, Inc.
28829 U.S. Highway 19 North
Clearwater, FL 33761**

AMA FITNESS CENTER – WITH YOUR HEALTH IN MIND – LET US MOTIVATE YOU TO REACH YOUR GOALS!

Terms: Payments are due at time of service. Notify your trainer/therapist 24 hours in advance if cancellation is necessary, or you will be responsible for payment.