30-DAY VIP MEMBERSHIP

FORWARD FITNESS

30-DAY VIP MEMBERSHIP INCLUDES:

COMPLETE TRAINING PROGRAM DESIGN SPECIFICALLY FOR YOU
Built for your body and your goals

8 CUSTOM COACHING SESSIONS
Work with an excellent coaching team

UNLIMITED TEAM TRAINING SESSIONS
Have fun working out in a positive atmosphere

FEEL BETTER
Workout in a fun, safe environment that focuses on functional training. We use cutting edge training to create programs specifically for you. Our team’s goal is to help you move better and ultimately feel better, having more energy to take on your day.

GAIN CONFIDENCE
Lack confidence in the gym or with the way you feel or how your clothes fit? Coaches will be with you each step of the way showing you exactly what to do to reach your goals. Whether you are just starting at a gym or are a seasoned athlete we will challenge you at an appropriate level!

GET ACCOUNTABILITY
Once we know your goal, we will help hold you accountable. If you miss a class you signed up for, you can expect us to reach out to make sure everything is okay. Our coaches will see the best in you and help you reach your full potential.

BE PART OF A COMMUNITY
We are more than just a gym. We are a team that welcomes, supports, and cares for one another. We have BBQs, a #ForwardFam Thanksgiving, an OCR team, a powerlifting team, and so many other events and ways to stay engaged.

To get started contact Suzanne@ForwardFitnessSTL.com.
314-367-9273 | www.ForwardFitnessSTL.com

The 30-Day VIP Membership is a $354.99 value.

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