

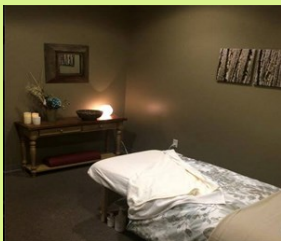


Benefits of Massage Therapy

- Stress Relief
- Improve Posture
- Lower Blood Pressure
- Improve Circulation
- Boost Immune System
- Post-operative Recovery

Massage Rates

Appointment	Member	Non-Member
60 Minutes	\$75	\$85
90 Minutes	\$100	\$110



All Natural Juice Bar

Our healthy shakes have been designed to correlate with specific fitness goals such as: post workout, healthy snacking, muscle building, fat loss, toning and increased metabolism.



www.synergyfitnessvt.com
 Hours: Mon–Thurs 5am-10pm
 Fri 5am-8pm, Sat & Sun 7am-7pm



FREE 1 WEEK TRIAL!



elevate your health

426 Industrial Ave—Suite 180
 Williston, VT 05495
 802.881.0553
www.synergyfitnessvt.com





Membership Pricing

Monthly Options

Annual EFT (One Year Contract)	\$65 per month	1 Orientation Session
MTM EFT + \$49 enrollment fee	\$75 per month	1 Orientation Session

Prepaid Options

12 Months	\$699	2 Orientation Sessions
6 Months	\$429	1 Orientation Session
3 Months	\$249	1 Orientation Session

Couples Membership

Annual EFT	\$118 per month	1 Orientation Session
MTM EFT + \$49 enrollment fee	\$135 per month	1 Orientation Session
12 Months	\$1250	2 Orientation Sessions
6 Months	\$789	1 Orientation Session
3 Months	\$435	1 Orientation Session



- State-of-the-Art Equipment
- Personal Trainers
- Juice Bar
- Group Fitness Classes
- Strength Training Room
- Infrared Saunas
- Luxury Locker Rooms
- Cycling Studio
- Towel Service
- Massage

Our Mission

We consider it our mission to enhance the quality of life through physical fitness. We are passionate about providing service excellence. We strive to enhance and improve the overall health and well-being of others through motivation, education and guidance. We dedicate ourselves to long term relationships as we commit to improve the quality of your life!

Member Testimonial:

"I have benefited, as well as, enjoyed being a member at Synergy for years. The staff is always genuinely welcoming. The atmosphere is so motivating, and the facility is consistently clean and well-maintained. Also, the variety of group fitness classes is fabulous!"
-Cindy B.



Group Fitness Classes

- X-Fit Classes
- Dance Boot Camp
- Zumba
- Total Body
- Spinning
- Yoga
- Barre Sculpt

Memberships include group classes!

Personal Training

Private Prepaid

	Member	Non Member
Single	\$65	\$75
3 Sessions	\$190	\$215
6 Sessions	\$360	\$420
12 Sessions	\$660	\$780

Semi Private Prepaid

	Member	Non Member
Single	\$50	\$60
3 Sessions	\$45	\$55
6 Sessions	\$40	\$50
12 Sessions	\$35	\$45