

**Membership to the Trailhead Athletic Club:**

Full Amenity Locker Room ° Iced Eucalyptus Towels ° Aromatherapy Steam Room  
Towel Service ° Group Fitness Program ° Complimentary Fruit

**Membership Fees**

New Members enjoy complimentary Equipment Orientation, Assessment & 30-Minute Session performed by one of our Certified Personal Trainers (\$80 Value!)

	<u>Single</u>	<u>Couple</u>	<u>Family</u>
<u>Pre-Paid</u>			
6 Month .....	\$303 (\$50.50)	\$441 (\$73.50)	\$555 (\$92.50)
12 Month .....	\$567 (\$47.25)	\$845 (\$70.40)	\$1,071 (\$89)
<u>Monthly</u> .....	\$57	\$84	\$103
<u>Summertime</u> .....	\$150 (Pre-Paid only) June, July & August		

**Guest Visits**

Daily Visit ..... \$10                      Week Pass..... \$30

**Personal Training**

**Achieve your goals in a safe & effective manner with the help of one of our Certified Personal Trainers**

1 Session.....	\$50	Stretching Session .....	\$35
4 Sessions.....	\$180	Fitness Assessment .....	\$45
8 Sessions.....	\$344	Body Composition Measurement .....	\$10
12 Sessions .....	\$500		
16 Sessions .....	\$640	Apex BodyBugg Program .....	\$514

Jr. Fit Certification; 2 one-hour sessions, \$50 (required for all 13 & 14 year old members)  
Junior Training Program; 10% off Personal Training Rates

**Las Sendas Spa Services**

See Spa Brochure for details; *Members receive a discount on all spa treatments and services*

**Club Hours**

Monday - Thursday ..... 5am-9pm  
Friday ..... 5am-8pm  
Saturday & Sunday ..... 6am-6pm