

## **The Blitz Total Fitness**

### **Regular Memberships**

**Gold/Polar Membership (12 month)  
\$82 to Join \$60 per Month**

**Silver/Polar Membership (6 month)  
\$113 to Join \$70 per Month**

**Bronze/Polar Membership (3 month)  
\$144 to Join \$80 per Month**

**St Thomas Staff & Students will get a 50% Discount on the Initiation Fees and a 20% Discount on the Monthly Fees**

**Initiation Fees Include Blitz Gloves & Gym Bag**

### **Personal Training**

#### **Individual Personal Training Sessions**

**60 Minute Session \$80 per session**

**30 Minute Session \$50 per session**

**\$50 Initiation Fees**

**Buy 10 sessions get 1 Free**

#### **Couple Personal Training Sessions**

**60 Minute Session \$130 per session**

**30 Minute Session \$80 per session**

**\$40 Initiation Fees Per person**

**Buy 10 sessions get 1 Free**

**Initiation Fees Include Blitz Gloves & Gym Bag**

**St Thomas Staff & Students will get a 50% Discount on the Initiation Fees and a 20% Discount on the Monthly Fees**

Our web site is:

[www.theblitzhouston.com](http://www.theblitzhouston.com)

Thank you,

Carlos Arakelian  
The Blitz Houston  
Owner/Manager

713-622-8095