



Livewell featuring Flex 151 & Upgrade Café

Corporate Memberships

Flex 151 Personalized Intelligent Training

Free Initial Consultation, Assessment and Workout.

Adult Semi-Private Personal Training*:

\$80 per Month (\$19 savings); 4 month commitment

Student Semi-Private Personal Training*:

\$65 per Month (\$15 savings); 4 month commitment

*First Month includes first (2) sessions Private; semi-private is up to three people trained at same time; scheduled appts always with a Certified Personal Trainer; includes one session per week (use or lose sessions and do not roll over); autopay on credit or debit card or 4 months paid up front

Livewell Services:

Yoga & Group Classes:

Save 10% on all packages 1, 4 or 10 session packages.

\$69/month for Monthly Unlimited Group Classes & Chi Machine (normally \$75/month). Month to month; no contract; autopay

Massage Services: \$45 Hour Massage ; Buy 4 sessions Get 1 Free

Why Livewell featuring Flex 151?

Always scheduled appointments and Certified Personal Trainer guided sessions.

15 minutes once or twice per week! Our workouts are focused, safe and efficient. We don't waste your precious time. Our computerized robotic equipment perfectly maps your body so we train at YOUR capability all the time...no more gym intimidation. Workout in a climate controlled facility in your

normal street clothes. We are the perfect fit for those that are intimidated by the normal gym scene, those previously injured and released to workout but don't know where to start, those who are time strapped, stuck and interested in fitting a workout program into and around their LIFE.

All Flex 151 memberships come with an account log in and Free App to conveniently book your appointment plus our FREE Whole 9 Nutritional Guidebook. This guide contains 100 pages of your questions answered about how to get off the 'diet and calorie counting rollercoaster' and on to a whole food way of eating. Flex 151 membership and massage services can be obtained at either of our two locations under the same pricing option.

Our yoga is practiced in a small group setting, max of 12 people. None of the huge big box gym classes where you get lost. We do not have mirrors in our rooms because we don't want comparison to kill our contentment. Yoga rooms are not heated, so sweating is no concern. Beginner friendly all the way to advanced; our great instructors know how to adapt the class to your specific needs.

Call us today at 855-The Flex (843-3539) to Schedule a tour and your FREE Initial Consultation to Flex 151's "Personalized Intelligent Training" program. You can also book online at www.MyLivewellOnline.com

Please send any questions to Info@MyLivewellOnline.com

Find us on Facebook at <https://www.facebook.com/myLivewell>

We can't wait to meet you at one of our two convenient locations!

Livewell, LLC. 300 West Jennings St., Newburgh, IN 47630 (located by Tin Fish in downtown Newburgh)

920 Frederica St., Suite 106, Owensboro, KY 42301