

# BR KLYN

## HEALTH + PERFORMANCE

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Brooklyn Health and Performance provides New York City's best fitness coaching. Whether your goals include shaping your body, increasing sports performance, or recovering after an injury, our semi-private training model guarantees that you have a coach's attention for every workout at a fraction of the cost of personal training at a typical gym.

**NO SIGNUP FEE**

**All semi-private memberships come with  
UNLIMITED open gym!**

**All active and retired members of the NYC PBA receive a  
PERMANENT 10% OFF all of our services!**

**Call now to schedule your FREE fitness assessment!**

### Semi-Private Training

**Includes: initial assessment, re-assessments, program design,  
8 group classes per month, open gym**

#### 12 month contract

#### PBA Price

4 sessions per month	\$280 / mo	\$252 / mo (Total Contract Savings of \$336!)
8 sessions per month	\$380 / mo	\$342 / mo (Total Contract Savings of \$456!)
12 sessions per month	\$460 / mo	\$414 / mo (Total Contract Savings of \$552!)
16 sessions per month	\$530 / mo	\$477 / mo (Total Contract Savings of \$636!)

#### 3 month contract

#### PBA Price

4 sessions per month	\$300 / mo	\$270 / mo (Total Contract Savings of \$90!)
8 sessions per month	\$420 / mo	\$378 / mo (Total Contract Savings of \$126!)
12 sessions per month	\$505 / mo	\$454 / mo (Total Contract Savings of \$153!)
16 sessions per month	\$585 / mo	\$526 / mo (Total Contract Savings of \$177!)