

## THE MISSION

The mission of the Exceed Personal Training Program at The Ranch is to educate and motivate individuals to achieve their fitness goals through personalized instruction and guidance designed to enhance results and provide improved quality of life.

## THE BENEFITS

Personal training provides you with a program designed to meet your individual needs. Our nationally certified personal training professionals will create a fitness program based on your specific goals. Personal training takes you a step beyond your typical exercise regimen and helps you to eliminate any guess work.

\*Ask about session pricing.

## PROGRAM FORMATS

Since everyone has unique goals, we offer a variety of program formats to meet your needs. The following formats are available:



### PRIVATE ONE-ON-ONE TRAINING (1 HOUR)

This is the traditional full hour of individualized personal training during each session.

### EXPRESS ONE-ON-ONE (1/2 HOUR)

This program is designed for those individuals that are looking for an intense workout of shorter duration. The perfect fit for anyone with a tight schedule and a desire for a concentrated workout.

### PARTNER TRAINING (1 HOUR - 2 PEOPLE)

Are you looking for the opportunity to train with a friend? Partner training has been proven to increase commitment to a fitness regimen.

*"The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results."*

— Anthony Robbins

## BENEFITS OF MEMBERSHIP

State-of-the-art fitness center with a complete line of cardiovascular and strength training equipment

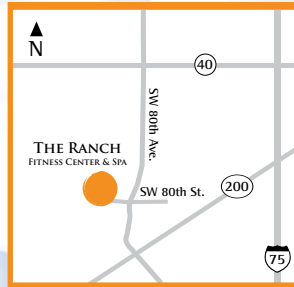
Indoor heated therapy pool

A variety of land and water-based group exercise classes

Complimentary fitness assessment and Personal Wellness Journey

10% discount on all Spa & Salon services and retail products

Discounted guest fees



Take SR 200 West to SW 80th Ave.  
Turn Right and go 1.5 Miles.  
Turn Left onto SW 80th St.

  
**THE RANCH**  
FITNESS CENTER & SPA

8385 SW 80th St., Ocala, FL 34481  
ph: 352.861.8180 • [www.TheRanchFitnessSpa.com](http://www.TheRanchFitnessSpa.com)

Professionally operated by WTS International

# Escape

FROM THE HASSLES OF EVERYDAY LIFE TO...  
...THE ULTIMATE FITNESS, SPA & SALON EXPERIENCE!

## CORPORATE RATES



  
**THE RANCH**  
FITNESS CENTER & SPA

*at Circle Square Commons*

## FITNESS CLASSES AVAILABLE

BUNS & TUMS

KICK BOX FIT

ON THE BALL

PILATES

TORSO BLAST

TRADITIONAL YOGA

ZUMBA

THE WAY OF ENERGY

H<sub>2</sub>O FIT

AQUA SPLASH

GENTLE WATERS

Visit [www.TheRanchFitnessSpa.com](http://www.TheRanchFitnessSpa.com) for class times and descriptions. Schedule subject to change.



## FITNESS FEATURES

- State-of-the-art fitness facility
- Guided Personal Wellness Journey individualized for fitness members to meet specific goals and needs
- Indoor heated therapy pool
- Steam and sauna rooms
- Locker rooms complete with a collection of spa delights for hair and skin
- Citrus infused water
- Full Nautilus circuit cardio theater
- Free weight area
- Stretching cage



## SPA FEATURES

- Full menu of services to include massage therapies, facials and body treatments
- Special signature treatments
- Full service hair and nail salon
- Five full service, placid treatment rooms

## GROUP MEMBERSHIP FEES

To qualify for a group membership the company must have a minimum of five members enrolled. The employee must bring proof of employment, such as a pay stub or an employment ID card. New members may be added at any time during the year. If a group falls below the minimum, the enrolled employees will be charged the standard monthly rate of \$55 per person.

## RATES

Initiation Fee \$46.75 per person\*

Monthly Dues \$46.75 per person\*

\*Prices subject to change.

## PAYMENT

Fitness memberships are paid on the first of every month via EFT (electronic funds transfer). We accept payment from checking accounts, Visa, MasterCard, Discover and American Express. Memberships may be terminated at any time with a 30-day written notice.



Bring this coupon in to receive a tour of The Ranch Fitness Center & Spa and a 3-day trial pass.

Limit one 3-day trial pass per person. Other restrictions may apply.

## SPA & SALON HOURS

MONDAY THRU FRIDAY

9:00 AM – 6:00 PM

WEDNESDAY EVENINGS

UNTIL 8:00 PM BY APPOINTMENT

SATURDAY

10:00 AM – 4:00 PM

SUNDAY

BY APPOINTMENT ONLY

## FITNESS CENTER & INDOOR THERAPY POOL HOURS

MONDAY THRU THURSDAY

6:00 AM – 9:00 PM

FRIDAY

6:00 AM – 8:00 PM

SATURDAY

7:00 AM – 5:00 PM

SUNDAY

8:00 AM – 4:00 PM