

PERSONAL TRAINING

THE MISSION

The mission of personal training programs 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 greatest wealth is health".

— Virgil

BENEFITS OF MEMBERSHIP

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

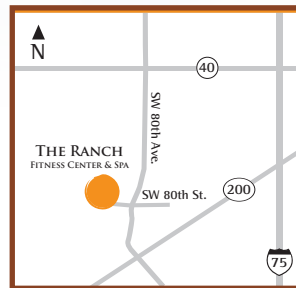
Indoor heated pool

A variety of land and water-based group exercise classes

Complimentary fitness orientation

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

Discounted daily guest fees



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



8385 SW 80th St., Ocala, FL 34481
ph: 352.861.8180 • www.TheRanchFitnessSpa.com
Lic#MM19228

ESCAPE

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

CORPORATE RATES





FITNESS CLASSES AVAILABLE

- CUTTING EDGE GROUP STRENGTH TRAINING
- PROGRESSIVE MIND-BODY FUSION PROGRAMS
- HIGH ENERGY CARDIO AND DANCE
- MULTIPLE AQUA FITNESS OFFERINGS

Visit www.TheRanchFitnessSpa.com for class times and descriptions. Schedule subject to change.



Bring this coupon in to receive a tour of The Ranch Fitness Center & Spa and a 1-day trial pass.

Limit one 1-day trial pass per person. Other restrictions may apply.

FITNESS FEATURES

- State-of-the-art fitness facility
- Personal orientation to the fitness center
- Indoor heated pool
- Steam and sauna rooms
- Locker rooms complete with a collection of spa delights for hair and skin
- Complimentary citrus infused water
- Full Nautilus circuit and 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, beautifully appointed treatment rooms

SPA & SALON HOURS

MONDAY THRU FRIDAY
9:00 AM – 6:00 PM

SATURDAY
10:00 AM – 4:00 PM

CORPORATE MEMBERSHIPS

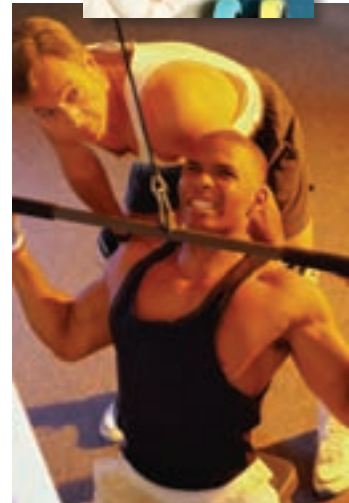
Corporate memberships are qualified on an individual basis. Special programs are available with company participation. The employee must provide proof of employment, such as a pay stub or an employment ID card. New members may be added at any time during the year. Company presentations are available by appointment. Contact the Membership & Events Manager for details and additional informational.

RATES

Special rates apply.

PAYMENT

Fitness membership dues 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 placed on freeze or terminated at any time with a 30-day written notice.



FITNESS CENTER & INDOOR HEATED POOL HOURS

MONDAY THRU THURSDAY
5:30 AM – 9:00 PM

FRIDAY
5:30 AM – 8:00 PM

SATURDAY
7:00 AM – 5:00 PM

SUNDAY
8:00 AM – 4:00 PM