

# Wolf Studios

## Membership Guide

Welcome to Wolf Studios! We offer group fitness, personal training and an inspiring place to workout. Members pay by the following ways: (a) monthly memberships, (b) class by class rates, (c) personal training packages, or (d) by any above combination. If you want to try it out, the first group fitness class is free!

### Memberships



**Alpha Membership** \$125.00/mo.  
Members gain unlimited access to all classes, equipment and facility.

**Beta Membership** \$75.00/mo.  
Unlimited access to equipment and facility. Unlimited access to one premium class of your choice and free access to all member group classes.

**Gamma Membership** \$50.00/mo.  
Unlimited access to equipment, facilities, and free access to all member group classes.

**Delta Membership** \$30.00/mo.  
Unlimited access to equipment and facilities.

**Unlimited Life Time Pass** \$1500.00  
For life of member, free unlimited access to club, facilities, and all classes.  
May be divided into three monthly payments.

### Pack Memberships (Family Package Rates)

Alpha \$175.00/mo.  
Beta \$125.00/mo.  
Gamma \$75.00/mo.  
Delta \$60.00/mo.  
Stay with the Pack (Life time membership) \$2500.00

### Mate Memberships (Couple Package Rates)

Alpha \$150.00/mo.  
Beta \$100.00/mo.  
Gamma \$75.00/mo.  
Delta \$40.00/mo.  
Mate for Life (Life time membership) \$2000.00

### Membership Contract Lengths

**One-year:** pay twelve months in advance and receive three months free, no initiation fee.

**Six months:** pay six months in advance and receive one month free, and no initiation fee. Commit to six months, pay month to month, one-time initiation fee of \$30.

**Monthly:** one-time initiation fee of \$50.00.

### Member Classes (Free with Alpha, Beta, and Gamma memberships)

- Wolves Den (Combining boxing, kickboxing, and mixed martial arts, to create an unparalleled workout. )
- Sparring (boxing and kickboxing sparring for fight preparation and exercise)
- Yoga (Vinyasa yoga for all levels)
- Pilates (mat Pilates for core strengthening)
- Gut Busters (abdominal training)
- Gut and Butt Busters (butt and ab reduction and toning)

## Paid Classes

### **Wolves Den**

Get in fighting shape, join us for our flagship class! Get the ultimate fat burning/cardio and strength workout in this 90 minute class that includes elements of Boxing, Muay Thai, Kickboxing and MMA. Become a master at the speed bag, double ended bag, and speed-rope. For men and women alike! Join us today and reach your fitness goals! 90 min.

- Single class = \$20.00.
- 10 classes = \$150.00.
- 20 classes = \$200.00.

### **Wolves Den MMA**

Train to win in the cage, equip yourself with the two most effective MMA arts. Brazilian Jiu Jitsu, and Muay Thai. Join this class today and gain, cardio, flexibility, strength, as well as ground and stand up skill. Expect a high caliber, friendly and open environment where we leave our egos at the door and we all learn from one another.

- Single class = \$20.00.
- 10 classes = \$150.00.
- 20 classes = \$200.00.

### **ThaiBox-Do**

Progressive martial arts based ThaiBox-Do is an invigorating total body workout. Learn powerful self-defense and fighting skills while receiving one on one training by one of five of our qualified martial arts instructors. 60 min.

- Single class = \$15.00.
- 10 classes = \$120.00.
- 20 classes = \$200.00.

### **Encounter Awareness and Defense**

Martial Arts for "the street." Learn re-direction of force, escape techniques, throws, ground and weap-ons defense, among many other self defense techniques. 60 min.

- Single class = \$20.00.
- 10 classes = \$120.00.
- 20 classes = \$200.00

### **3D Tae Kwon Do**

Learn the fundamentals of tae kwon do while emphasizing the core martial arts values of Discipline, Determination and Defense. Maximize speed and power while improving hand-eye coordination, target recognition, balance, and awareness. Chil-dren, adults, and families all welcome. 40 min.

- Single class = \$15.00.
- 10 classes = \$120.00.
- 20 classes = \$200.00.

### **Sparring**

Prepare to fight! Boxing and kickboxing sparring. Instructor's approval required. 60 min.

- Single class = \$10.00.
- 10 classes = \$80.00.
- 20 classes = \$100.00.

### **Zumba**

Ditch the workout, join the party! Total body workout based on various forms of dance. Burn calories, tone muscle, all while getting your groove on in this one hour invigorating fun work out.

- Single class = \$20.00.
- 10 classes = \$150.00.
- 20 classes = \$200.00.

### **Strip Fitness**

Increase your flexibility while strengthening and toning your body with this sensual cardio fantasy dance workout on stripper poles and platforms. 60 min.

- Single class = \$20.00.
- 10 classes = \$180.00.
- 20 classes = \$300.00.

## Paid Classes (continued)

### **Ballroom Dance for Couples or Singles**

Learn the basics of salsa, swing, and other dances in a group class setting. 60 min.

- Single class = \$15 per person
- 8 classes = \$100.00 per person

### **Vinyasa Yoga & Pilates**

Gain awareness, balance, coordination and overall improvement of health. 60 minutes.

- Single class = \$15.00.
- 10 classes = \$100.00.
- 15 classes = \$150.00.

### **Japanese Sword Class**

Learn to handle a sword in the martial art of Japanese Sengoku-jidia Warring states sword technique

- Single class = \$20.00.
- 10 classes = \$150.00.
- 20 classes = \$200.00.