



- **BASIC MEMBERSHIP** – Our basic membership at Temecula Valley Fitness will be offered to Riverside County Employees at a substantial discount, only \$29 per month. This includes our great Group Exercise Classes, all hour access to the gym, and much, much more. In addition, every employee who chooses this membership will receive an extensive evaluation and exercise orientation. You will walk away with a program designed for your needs.
- **WEIGHT MANAGEMENT MEMBERSHIP** – Temecula Valley Fitness is also home to Thin and Healthy, Inland Empire’s most comprehensive Weight Management Program. This includes one-on-one food coaching, exercise coaching and motivational training, plus our basic membership, all for only \$89 per month.
- **GROUP TRAINING MEMBERSHIP** – Our Group Training Membership includes Personal Training in a small group setting, twice a week, for only \$89 per month, plus the cost of a basic membership. Our Personal Trainers make these groups very effective, keeping the participant number between 4-6 people. You will get the benefits of training and the fun of a group, all for a low cost.

In addition to the above offerings, we will be offering individual personal training sessions to Riverside County employees at a discount in price, not quality.

For more information, please contact Kathy Engstrom at 951-926-8886, or visit our website at [www.temeculavalleyfitness.com](http://www.temeculavalleyfitness.com)