



# Body Renew Alaska

**B**ody Renew is Alaska's premiere weight loss and fitness studio. Rather than giving you 'just a gym', or a strict diet, we've created a weight loss and fitness solution that is driven by our results-based programming for the individual.

Our programs incorporate nutrition coaching and workout sessions with your Fit Pro that are as FUN as they are effective! Every day, we help hundreds of clients achieve their weight loss, health, and fitness-related goals with these highly customized and incredibly successful programs. We take the guesswork out of weight loss and help you change your life for the better by creating your very own customized program.



## BODY RENEW LOCATIONS

### Anchorage

202 E Northern Lights Blvd.  
*(next to Barnes & Noble)*

### Anchorage

10325 Old Seward Hwy.

### Eagle River

12400 Old Glen Hwy.  
*(next to AIH)*

### Wasilla

1325 E Palmer/Wasilla Hwy.  
*(in front of Home Depot)*

907.336.BODY (2639)

[www.BodyRenewAlaska.com](http://www.BodyRenewAlaska.com)

 Body Renew Alaska  BodyRenewAK

 BodyRenew\_Alaska



# Elite Membership

Elite Memberships include:

- ✓ Access to all BR locations
- ✓ 24 hour access at most locations
- ✓ Unlimited access to all group fitness classes
- ✓ BR Solutions Fitness & Nutrition Tracking
- ✓ Unlimited Tanning
- ✓ Free Jump Start Program (\$150 value)
- ✓ Childcare and Personal Training available

# Premium Membership

Includes all features except:

- ✓ Access to one specified BR location only

# Basic Membership

Includes all features except:

- ✓ Access to one specified BR location only
- ✓ No Tanning
- ✓ Additional Charge for Group Fitness Classes

## Choose a Commitment Level

12-month  
Commitment

Month  
to Month

Paid  
in Full

All Memberships  
Include



Goal Assessment    Mini Fit Pro Session  
Equipment Orientation    Body Renew Solutions  
Fitness Assessment

.....  
First month dues collected at time of enrollment.  
All memberships are subject to other fees.

## Childcare

- Daily rates
- Punch Cards
- Unlimited rates
- Hours vary by location
- Ages 6 weeks and up

## Jump Start Program

*Do you know YOUR stats?* It's impossible to know anything about where you're going if you don't know where you're coming from.

This assessment establishes your current level of fitness, establishes your goals, and walks you through exactly what is required to reach those goals. No more guesswork, no more wondering if your pants fit better. Track your progress online at [BodyRenewSolutions.com](http://BodyRenewSolutions.com)



**E**verything about Body Renew is focused on permanent weight loss. We use these 5 components to empower you with the tools for life-long success. We understand the fear that can prevent you from taking that first step. **THE FEAR STOPS HERE!** Call or visit us online to see how we help you reach your fitness goals.



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