



WELCOME TO ACTUALIZE SPORTS & FITNESS

Everybody wants to actualize his or her purpose and potential. But most do not understand nor are rarely given the tools to achieve safe, effective and sustainable success over time.

The process of actualizing purpose and potential begins when your desire meets an intentionality to move forward, and the discipline of undergoing the rigors required is valued and pursued with the tools to make it happen.

You bring the desire, intentionality and discipline, and we arm you with the plan and tools which educate, encourage and empower you every step of the way.

- Blaine Davidson - Owner & Head Performance Enhancement Coach

Actualize Sports & Fitness is North Central Washington's premier performance enhancement training, health and nutrition, and mental achievement coaching center. We exist to educate, encourage and empower Actualize Sports (competitive athletes, teams and coaches) & Actualize Fitness (fitness enthusiasts) clients to actualize their unique purpose and potential in sports, fitness, health, nutrition and life.

ACTUALIZE FITNESS (AF) MEMBERSHIP PRICING

AF 30-DAY TRIAL \$59

AF ESSENTIALS MEMBERSHIP

\$99/month + One-Time Enrollment Fee (\$69)

Family of 2: \$188 (savings of \$10/month)

Family of 3: \$277 (savings of \$20/month)

Family of 4: \$366 (savings of \$30/month)

AF SEMI-CUSTOM GROUP MEMBERSHIP

One-Time Enrollment Fee (\$69) + Reduced Monthly Rate (\$20/month) + AF Semi-Custom Group Membership Price

2-Client Rate: \$65/PP per 1.5 hr session

3-Client Rate: \$50/PP per 1.5 hr session

4-Client Rate: \$45/PP per 1.5 hr session

5-Client Rate: \$40/PP per 1.5 hr session

6-Client Rate: \$35/PP per 1.5 hr session

AF INDIVIDUAL MEMBERSHIP

One-Time Enrollment Fee (\$69) + Reduced Monthly Rate (\$20/month) + AF Individual Membership Price

1-Client Rate: \$90 Per 1-1.5 hr session with Coach Blaine & \$75 Per 1-1/2 Hr Session with other AF Coaching Staff

AF TEAM OR GROUP MEMBERSHIP

One-Time Team or Group Enrollment Fee (\$500) + AF Team or Group Membership Price

13-24 Clients: call for pricing

25+Clients: \$8/PP per 2 hr session

AF BASIC MEMBERSHIP \$59/month

One-Time Enrollment Fee (\$69) waived if you are already an AF Semi-Custom or AF Individual client

ACTUALIZE FITNESS (AF) MEMBERSHIPS

	AF 30-DAY TRIAL	AF ESSENTIALS	AF SEMI-CUSTOM GROUP	AF INDIVIDUAL	AF TEAM OR GROUP	AF BASIC **
AF Getting Started Package		- 10% off first purchase - Access to Actualize University - Training binder	- 15% off first purchase - Access to Actualize University - Training binder	- 15% off first purchase - Access to Actualize University - Training binder	- 10% off first purchase - Access to Actualize University - Training binder	
Introduction to AF Meeting & Facility Tour	X	X	X	X	X	X
AF Fitness, Health & Nutrition Assessment	X	X	X	X	X	
AF Nutrition Package	- 30 days ProCoach subscription - Tools & resources - Accountability & support	- 12-month ProCoach subscription - Tools & resources - Accountability & support	- 12-month ProCoach subscription - Tools & resources - Accountability & support	- 12-month ProCoach subscription - Tools & resources - Accountability & support	- 12-month ProCoach subscription - Tools & resources - Accountability & support	
InBody270 Body Composition Testing & Report	1	1 Quarterly	Unlimited	Unlimited	Before & After	
Unlimited AF Foundation Group Training	30 days	X	X	X	x	
Unlimited AF SPB Transformation Group Training	30 days	X	X	X	x	
Unlimited AF HIIT Group Training	30 days	X	X	X	x	
AF Foundation, SPB Transformation & HIIT Group Training Programming	30 days	X	X	X	x	
Semi-Custom or Individual Training & Programming			X	X		
AF Team or Group Training & Programming					X	
Unlimited Access to AF Facility *	30 days	X	X	X		X

*Access to AF facility during the hours of Monday – Friday 6:00 am – 2:30 pm ** AF Basic Membership only available to AF Custom Program Design clients, or past AF Semi-Custom or AF Individual Memberships