



for
sale



Cardio *Fitness* Program



Location

Arden Hills, MN

Caveman Training

Acceleration North is happy to announce a new and improved Caveman Fitness program with our training partner AthEliteCare (AEC). This program will combine the traditional cardio/kickboxing classes with our nutrition and sports chiropractic services. With our monthly membership (starting only at \$110.00 per month!) members will be able to schedule two fitness boxing sessions a week with Acceleration trainers and two monthly visits with Dr. Marte Allen and AEC.



Schedule your first appointment for **FREE!!!**
Call Acceleration to RSVP your time slot today!!!
(651) 486-0020



CARDIO FITNESS PROGRAM

Program/Membership	Description	Sessions	Price	Goals
Cardio Fitness - Bronze	A great way to condition the whole body that will build muscle strength, endurance, agility and coordination all at the same time.	2 Cardio Kickboxing Sessions per week 2 Sports Chiropractic Sessions per month	\$110.00 per month	For the athlete looking for overall general fitness.
Cardio Fitness - Silver	Includes Cardio Fitness - Bronze with a nutritional element added for those who are looking to take their fitness to the next level.	2 Cardio Kickboxing Sessions per week 2 Sports Chiropractic Sessions per month 1 Sports Chiropractic Nutrition Session per month	\$130.00 per month	For the athlete looking to define their athleticism through adding muscle mass, reducing body fat or fueling your performance.
Cardio Fitness - Gold	Includes Cardio Fitness - Silver but loaded with an extra weekly workout and an extra session with our Sports Performance Chiropractor to meet all your performance goals!	2 Cardio Kickboxing Sessions per week 2 Sports Chiropractic Sessions per month 2 Sports Chiropractic Nutrition Sessions per month	\$150.00 per month	For the athlete that is looking to condition their whole body by building muscle strength, gaining endurance, balance, agility, coordination and fueling techniques all at the same time.
10 Cardio Punch Pass Sessions	Use the Punch Pass system to workout as needed. 10 sessions will expire 3 months from the first workout	10 Sessions (Cardio Only)	\$200.00	Add the punch pass system to supplement or go as needed workout regime.

Appointment Times: Monday-Friday (subject to change based on availability)

Class Times: 5-8pm

Call Acceleration North @ 651-486-0020

Register online @ www.accelerationnorth.com

Step up your appointment TODAY!!!!