



# OPEX<sup>®</sup>

SOUTH SHORE

FITNESS

## WHAT IS OPEX?

OPEX is the last gym you'll ever join. We offer professional coaching that delivers personalized fitness to help you forever. We want to enhance your life through fitness and health and to do so we believe every **body** requires a personalized plan.

### HOW IT WORKS

#### Step 1: Initial Consultation

This is a 30 minute conversation to get to know you, your goals, background, nutrition, lifestyle practices, limitations, etc.

#### Step 2: Assessment (Body, Move, Work) - 3 Personal Sessions

*Body* - A full body composition analysis using our InBody 270 machine

*Move* - Strength Testing and Movement Analysis

*Work* - Aerobic Testing

#### Step 3: Program Design and Execution

You'll receive your workout every morning via email, then execute the workout at the gym under the guidance of a coach on the floor.

#### Step 4: Monthly Consultations

A meeting with your coach once every month to assess your progress and dig deeper into areas that need attention..

### #OPEXFAMILY

- Initial Comprehensive Assessment
- Personalized Fitness Plan
- In-Person Coaching
- "Team" Workout Environment
- Monthly Consultations
- Body Composition Analysis
- Workout Tracking via FitBot
- Nutritional Consulting and Guidance
- Lifestyle Practices Consulting and Guidance
- Awesome Community and Support
- 100% Satisfaction Guarantee

### COACHING HOURS

**Monday-Friday:** 6am-10am & 4pm-7pm | **Saturday:** 7am-10am | **Sunday:** Closed

## OUR GUARANTEE

We guarantee that if you execute your plan as you and your coach have discussed, you will see progress forever. The journey of each of our clients is unique to them and we want to be the guiding force to give you all the resources you need to find ongoing success in your health and fitness. We are committed to you and providing you the very best coaching possible.

We look for clients that are driven and committed to their own goals and executing their plan by holding themselves accountable to do so. The relationship between coach and client is very important to us and we believe that relationship will be the backbone for a life-long journey of success in health, fitness and life.

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## PRICING OPTIONS

OPEX EXPERIENCE  
4-WEEK TRIAL

**\$199**

3-MONTH  
MEMBERSHIP

**\$379**  
*per month*

12-MONTH  
MEMBERSHIP

**\$299**  
*per month*

12-MONTH FAMILY  
MEMBERSHIP

**\$249**  
*per person/month*

PERSONAL  
TRAINING

**\$100**  
*per hour*

#OPEXFAMILY

All Memberships Include:

- Initial Comprehensive Assessment
- Personalized Fitness Plan
- In-Person Coaching
- "Team" Workout Environment
- Monthly Consultations
- Body Composition Analysis
- Workout Tracking via FitBot
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