

30-DAY VIP MEMBERSHIP

FORWARD FITNESS

30-DAY VIP MEMBERSHIP INCLUDES:



COMPLETE TRAINING PROGRAM DESIGN SPECIFICALLY FOR YOU

Built for your body and your goals

8 CUSTOM COACHING SESSIONS

Work with an excellent coaching team

UNLIMITED TEAM TRAINING SESSIONS

Have fun working out
in a positive atmosphere



The 30-Day VIP Membership is a \$354.99 value.



FEEL BETTER

Workout in a fun, safe environment that focuses on functional training. We use cutting edge training to create programs specifically for you. Our team's goal is to help you move better and ultimately feel better, having more energy to take on your day.



GAIN CONFIDENCE

Lack confidence in the gym or with the way you feel or how your clothes fit? Coaches will be with you each step of the way showing you exactly what to do to reach your goals. Whether you are just starting at a gym or are a seasoned athlete we will challenge you at an appropriate level!



GET ACCOUNTABILITY

Once we know your goal, we will help hold you accountable. If you miss a class you signed up for, you can expect us to reach out to make sure everything is okay. Our coaches will see the best in you and help you reach your full potential.



BE PART OF A COMMUNITY

We are more than just a gym. We are a team that welcomes, supports, and cares for one another. We have BBQs, a #ForwardFam Thanksgiving, an OCR team, a powerlifting team, and so many other events and ways to stay engaged.

To get started contact Suzanne@ForwardFitnessSTL.com.

314-367-9273 | www.ForwardFitnessSTL.com