

What is DewCoach?

A workout facility (gym) that is 100% classes led by a personal trainer in a small group format.

What is a DewCoach Workout like?

Your workout time is 60 minutes which includes a warmup protocol of about 8 minutes, a 47 minute workout in a variable intensity, small group environment of a wide range of people and then a 5 minute flexibility and cool down program.

How much does it cost?

We have 3 membership levels; \$99, \$149, \$209

Every member receives the following:

- Professional Trainer Guiding and Encouraging
- Professional Workout Design (Programming)
 - Varying Workouts Everyday
 - Small Group Environment
 - Cold Drinking Water
 - Towel for DewCoach Use
 - Starter Workout of the Day
- DewCoach Core Workout of the Day
 - Great Music

Is there a trial plan?

Yes, for \$50 you get 3 workouts and 3 follow up calls. At the end of that short program, you and we will have enough information to choose the right membership for you.

What about youth or athletes?

We have 3 programs for you.

Youth 6 years to 12 years old – Instructional and appropriate workouts with competition in Adrenaline.
\$10 per session

Leaders – Boys 6th through 8th grade \$20 per session or \$149 per month

Club and High School Teams - \$20 per session or \$149 per month.

DEWCOACH

ELITE
Membership
\$209 month

The ELITE Membership is for the person that wants ALL of the DewCoach experience and family. This member will want to workout 10 times a month or more.

In addition to everything listed on the left side of this page the Core membership includes:

- A Protein Shake after each workout
- UNLIMITED WORKOUTS in the Starter or DewCoach Core Program
- 20% discount on Adrenaline Parties
- Specific Body Part Programming
- Custom Workouts such as Pre and Post Pregnancy, Bridal Prep, Special Event, Pre and Post Surgery.
- Power Plan – Power and Strength Program
- FREE Adrenaline Party up to 10 people
- Free Kids Play While You Workout
- DewCoachLife.com Membership

DEWCOACH.COM

CORE
Membership
\$149 month

The CORE Membership is for the person that wants more of the DewCoach experience and family. This member will want to workout 10 times a month or more.

In addition to everything listed on the left side of this page the Core membership includes:

- A Protein Shake after each workout
- UNLIMITED WORKOUTS in the Starter or DewCoach Core Program
- 20% discount on Adrenaline Parties

BASE
Membership
\$99 month

The BASE Membership is for the person that wants the DewCoach experience but only about 2 times a week. This choice limits you to 9 workouts per month.

You receive everything listed on the left column of this page.



An Adrenaline Party is:

1. Easy
2. Fun
3. Affordable (Only \$20)
4. Inclusive (anyone can!)
5. Safe

There is nothing like it!
Birthdays, Night Out, Any occasion, it is a memory!

Go to

try.dewcoachlife.com/party



Steve Gourley, Owner, General Manager and Head Trainer

Dewcoach.com

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Terry Gourley Owner and Trainer

Small Group Fitness
With a Personal Trainer in an encouraging, supportive environment of regular people getting healthier, looking better, feeling great and accomplishing more in their life everyday.

Variable Intensity Workouts using:

- Kettlebells
- Dumbbells
- Sandbags
- Slamballs
- TRX

And about 4 dozen more implements to create programs that get your body into its best shape ever!

