

Additional Services Offered

Acupuncture A complete medical system that is used to diagnose and treat illness, prevent disease, and improve well-being.

Spinning An aerobic exercise that takes place on a specially designed stationary bike.

Boxing Learn all the basic fundamentals of boxing while getting an excellent workout at the same time.

Golf Program Designed to restore proper mobility and stability to the body adding strength and power on top of a fully functional platform.

Football Camp Teaches goal setting, individual technique, strength and agility training, and team competition.

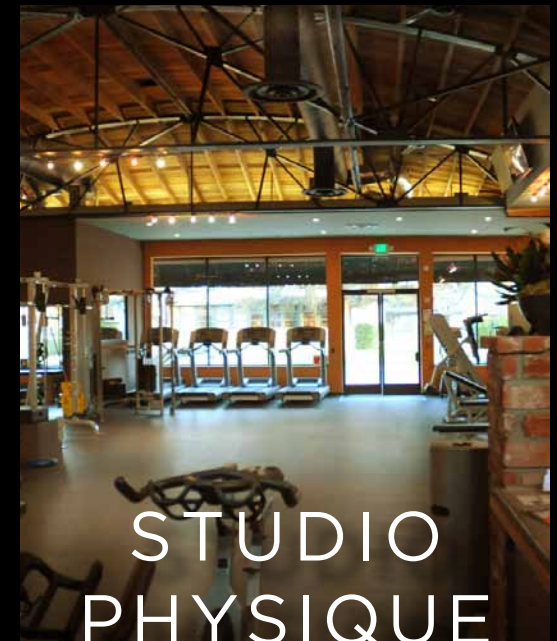
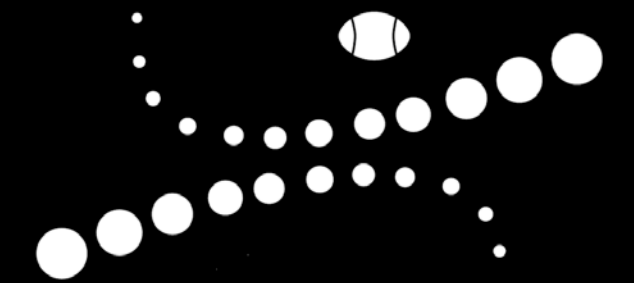
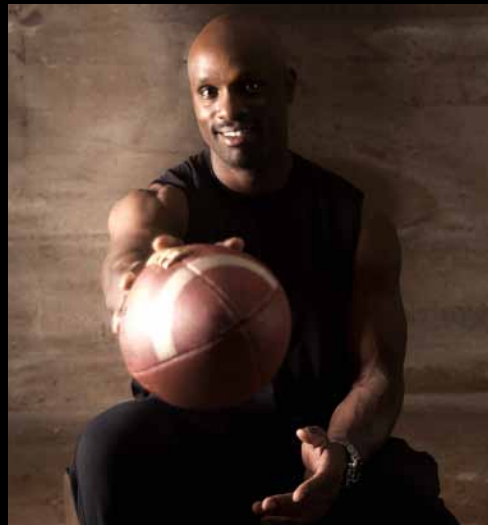


Studio Physique's approach to quality and excellence was established by St. Louis Rams running back Justin Watson.

As a Super Bowl Champion, Justin Watson realizes only through dedication, motivation, and teamwork can you achieve your ultimate goal. It is with the same spirit that Studio Physique intends to motivate its clients to achieve their own personal goals.

STUDIO PHYSIQUE ATHLETIC CLUB
315 N. San Marino Avenue
San Gabriel, CA 91775
626.576.9600

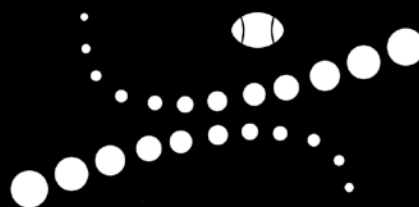
www.studiophysiqueclub.com



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At Studio Physique we believe in

TEAM

Together **Everyone Accomplishes More**

We provide our clients with a fitness experience that is unique, challenging, safe, and yet never boring. Regardless of age or fitness ability, we believe that milestones are achieved through hard work, dedication, and commitment. Our TEAM effort is geared towards motivating you to accomplish your individual fitness goals. You make the choice. Let us help you make the change.

We welcome you to the TEAM!



Benefits:

- Build Core Strength
- Increase Flexibility
- Lose Weight
- Reduce Stress/Anxiety
- Gain Lean Muscle
- Lower Cholesterol/Blood Pressure
- More Self Confidence
- Look and Feel Better

Menu of Services

Ruby Every journey begins with a single step. This package is designed for clients who have little or no experience and need motivation in their fitness and conditioning training.

9 one-on-one personal sessions \$765
9 semi-private* sessions \$585 per person

Sapphire Take the next step and commit to change. This package is designed for individuals who are seeking more results and may have reached a plateau in their own personal fitness training.

15 one-on-one personal sessions \$1,195
15 semi-private* sessions \$895 per person

Emerald Milestones are accomplished through hard work, dedication, and commitment. This program is designed to help clients achieve optimum results in their fitness and conditioning training. This package is geared for individuals who are seeking a change in their physical appearance, condition, and lifestyle.

30 one-on-one personal sessions \$2,250
30 semi-private* sessions \$1,650 per person

Diamond Premier Package This is an exclusive package designed and tailored for clients who are looking for a change in lifestyle and want to incorporate fitness into their daily activities. This package includes unlimited use of the facilities during normal business hours, monthly fitness assessments, diet plan, assisted cardio program, and complimentary beverages.

45 session minimum \$3,500 per person

* Semi-private is designed for partners/couples who wish to work together in accomplishing their individual fitness goals.
All sessions are final.

24-hour cancellation notice applies for all appointments.

Group Training

Come and meet others who share your same fitness goals. Group training sessions are only available at designated times throughout the week.

10 sessions \$395 per person



Pilates

An innovative form of fitness using springs as resistance for strength and flexibility, Pilates improves your health and well being. The principals are based on postural alignment, breathing and strengthening while stretching leading to increased range of motion, optimal symmetry and coordination of the body and mind.

Inquire for pricing packages.

STUDIO PHYSIQUE
ATHLETIC CLUB

ONE COMPLIMENTARY
CLASS OF YOUR CHOICE