



*****30 Day Satisfaction Guarantee*****

Safe, Clean Facility

Comfortable, Friendly Environment

Plans and Programs to Fit Every Budget

Certified Personal Training & Nutritional Counseling

Fitness Center Memberships (Prices per month)			Personal Training* (Prices per Session)		
	Month-to-Month	One Year Contract		One Hour	Half Hour
Single	\$29.99	\$24.99	6 sessions	\$55	\$35
Joint	\$44.99	\$39.99	12 sessions	\$50	\$30
Family	\$54.99	\$49.99	24 sessions	\$45	\$25
Salem Staff, Seniors, & Students	\$19.99	\$19.99	48 sessions	\$40	\$20

Membership Initiation Fee is equal to one month's membership rate
* Small Group Rates Available

Hours of Operation	
Monday - Friday	5:30 am – 10 pm
Saturday	8 am – 5 pm
Sunday	Noon – 5 pm

Alodia Fitness Center - 22601 Lutheran Church Road, Suite 200, Tomball, TX 77377

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