



## INDIVIDUAL Total Gym Membership

Participate in any class offered by New Bern Boxing, MMA & Fitness and use facility anytime during operating hours.

- Martial Arts- \$100 per month per discipline
  - Isshinryu Karate (taught by 8<sup>th</sup> & 2<sup>nd</sup> dan)
  - Kyokushin Karate (taught by 7<sup>th</sup> dan)
  - Miyama Ryu Jujutsu (taught by 4<sup>th</sup> dan)
  - Brazillian Jiu-Jitsu (taught by visiting 3<sup>rd</sup> dan)
- Mixed Martial Arts - \$80/month
- Boxing - \$125/ month
- Kickboxing - \$80/ month
- Strength & Conditioning/Weight Lifting - \$80/ month
- Wrestling (coming soon) - \$100/ month
- Zumba - \$5/class
- Yoga - \$10/class
- Free T-shirt - \$20
- 2 protein shakes (chocolate or vanilla) and/or water per day - \$208/month

over \$1000 value for  
**\$500/month**

## FAMILY Total Gym Membership

Includes everything listed above for families (must be related by blood or adoption) up to 6 members. Each additional member after 6 members pays \$150/month.

**\$650/month**

For custom individual and family packages, please call 252-514-3189.