



PUNCH PASSES

Barbell Club

*open gym use +
floor coaching
during select hours*

1 Session - \$15.00

5 Sessions - \$67.50 *save 10%*

10 Sessions - \$127.50 *save 15%*

20 Sessions - \$240.00 *save 20%*

Classes

*class lengths
vary by format and
time of day*

1 Class - \$15.00

5 Classes - \$67.50 *save 10%*

10 Classes - \$127.50 *save 15%*

20 Classes - \$240.00 *save 20%*

Sauna

*30-minute private sessions,
up to 2 people per party
(price is per person)*

1 Session - \$10.00

5 Sessions - \$45.00 *save 10%*

10 Sessions - \$85.00 *save 15%*

20 Sessions - \$160.00 *save 20%*

**Punch passes do not expire and are non-transferrable*

M U S C L E + M I N D S E T

MEMBERSHIP OPTIONS

SwoleMATES Barbell

Membership – \$65.00/mo.

*unlimited gym use + floor coaching
best option for visiting 2x/week*

SwoleMATES Class

Membership – \$95.00/mo.

*unlimited classes
best option for 2+ classes/week*

SwoleMATES Ultimate

Full Membership – \$150.00/mo.

Discounted Membership* – \$135.00/mo.

*unlimited classes
unlimited gym use & floor coaching
5% discount on retail purchases & equipment rentals
discounted admission for events & workshops
1 sauna appointment/mo.
cancel anytime or suspend up to 3 mos./year*

SwoleMATES Annual Prepaid Membership

Full Membership for 1 year – \$1440.00

*all the same perks for just \$120/mo.
1 annual payment*

**Eligible populations include veterans, students, teachers, & first responders
(must provide photo identification & proof of eligibility annually)*