



TRIFIT

CLUB AND STUDIOS

TriFit Club & Studios in Santa Monica is the only 26,000 square foot full service health club on the West side of Los Angeles created, owned and operated by endurance athletes. TriFit offers the endurance athlete everything from coaching, to race programming, to sports conditioning classes to athletic testing. All of our testing is performed by exercise physiologists with a background in sports performance. **Current La Grange members receive waived first month membership dues (\$78 value) waived initiation fee (\$50 value) and a free strength and conditioning session (\$89 value) upon signing month-to-month, all-inclusive membership! For LaGranger's members that strength-train in the off-season month to month membership is the way to go!**

***January Specials for LaGrange members:**

- **Nutrition Consultation with Dr. Phil Goglia AND a Resting Metabolic Test: \$387. This combination is the true key to losing fat and maintaining lean muscle tissue.** (price of mask not included)
- **Private Massage + Private Pilates Session: \$100 includes both services!**

The new **TriFit Performance Center** is an official USAT Certified Performance Training Center, currently one of only five in the Nation. TriFit Performance offers a variety of services to elite and age group athletes. **Current La Grange members receive 40% off INITIAL single service and 10% off services there after. Services include:**

- Altitude Training
- Metabolic testing, *OTC guidelines administered by TriFit staff exercise physiologists*
- Blood Lactate testing, *OTC guidelines administered by TriFit staff exercise physiologists*
- Vo2 Max testing, *OTC guidelines administered by TriFit staff exercise physiologists*
- Body Composition
- Bike Fitting and Bike Fitting Certification Classes
- Race Programming, Triathlon & Cycling
- Run Gait/ Pedal Stroke Analysis, *use of Silicone Coach Software*
- Swim Video Analysis, *use of Silicone Coach Software*
- Registered Dietitian/Nutrition Consultation
- Massage Therapy
- Nutrition/Training/Sports Performance Seminars and Workshops, open to the public
- CEU's for USA Cycling and USA Triathlon Coaches

All La Grange Members also receive a Free Injury Assessment with our in-house Physical Therapist.

In addition to our performance center TriFit is a 26,000 square foot facility offering the following:

- 25-yard lap pool
- 2,000 square foot eco-friendly yoga studio with rope wall
- virtual-reality cycling studio with 100 inch screen and 50 LeMond indoor bicycle
- group exercise classes including a variety of core, flexibility, and sport-specific conditioning classes, all taught by exercise physiologists
- squash, basketball, and tennis courts
- fully equipped weight and cardiovascular rooms
- personal training
- free valet parking
- full locker room amenities
- ongoing clinics, lectures, and special events like our annual mini-triathlon and holiday rides

For more information or questions please visit our website: www.TriFitLA.com or call us at 310.829.2227.

Best in Health,

The TriFit Staff