

Membership Menu

Package Prices

Small group Personal Training by appointment only, around your schedule. You will enjoy consistent streamlined workouts designed by our team of degreed and certified Personal Trainers, to fit your health and fitness goals. Join the fun and experience the camaraderie that the SIFT Family provides.

Gold Package

- Per Session Rate.....\$27
- 3x/wk, 6 Month Minimum commitment. Billed monthly at \$349/mo.
 - 2x/wk, 6 Month Minimum commitment. Billed monthly at \$249/mo.

Silver Package

- 12 Sessions at the per session rate of.....\$35
- Paid in advanced for \$420. Must be used within 2 months.

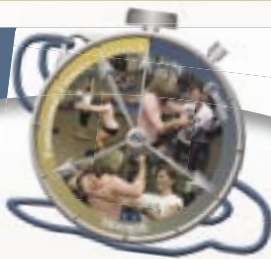
Individual Package

- Single Session Rate of.....\$40
- Paid on use.

Unlimited appointment packages also available. If interested, please inquire.

Try it Sessions

- Single Session.....Free
 (for first time clients)
 3 Day Trial which includes
 a Fitness Evaluation,
 Orientation, and one full workout.\$79



Fallbrook: 760.451.FITT(3488)

Fallbrook Location:
 2809 S. Mission Rd. Ste D
 Fallbrook, CA 92028

Fallbrook Facility Hours:
 M,W,F: 6am-11:30am
 T,TH: 8am-10am
 M,W,TH: 3pm-7pm

Oceanside: 760.439.2FIT(2348)

Oceanside Location:
 3654 Ocean Ranch Blvd.
 Oceanside, CA 92056

Oceanside Facility Hours:
 M-F: 5am-12pm
 M,W: 2pm-7:30pm
 F: 2pm-7pm
 T,TH: 3pm-7:30pm
 Sat: 8am-12pm



What is SIFT ?

S **STRUCTURED**
Personalized workout program designed to meet your individual health and fitness needs.

I **INTERACTIVE**
A personal trainer with every session guiding, motivating, and encouraging you to meet your goals.

F **FITNESS**
3 COMPONENTS OF FITNESS:
1. Cardiorespiratory
2. Muscular Strength & Endurance
3. Functional Fitness

T **TECHNIQUE**
Comprehensive 60 minute workout designed to include the three Components of Fitness.

Why SIFT?

- SIFT Personal Training is a members-only, exclusive boutique personal training facility where work-outs are by appointment only with an expert, educated team of personal trainers providing instruction, encouragement, motivation, and attention at every appointment.
- Workout SAFELY, EFFICIENTLY and EFFECTIVELY to achieve fitness goals: lose weight, get in shape, feel great, increase performance, enhance sense of well being. SIFT Personal Training is time and money well spent.
- Personal Trainers typically command \$50-\$100 per hour. SIFT Personal Training provides an enhanced personal training experience for a fraction of the cost normally associated with such a service.