

## What is DewCoach?

A workout facility (gym) that is 100% classes led by a personal trainer in a small group format.

## What is a DewCoach Workout like?

Your workout time is 60 minutes which includes a warmup protocol of about 8 minutes, a 47 minute workout in a variable intensity, small group environment of a wide range of people and then a 5 minute flexibility and cool down program.

## How much does it cost?

We have 3 membership levels; \$99, \$149, \$209

Every member receives the following:

- Professional Trainer Guiding and Encouraging
- Professional Workout Design (Programming)
  - Varying Workouts Everyday
  - Small Group Environment
  - Cold Drinking Water
  - Towel for DewCoach Use
  - Starter Workout of the Day
- DewCoach Core Workout of the Day
  - Great Music

## Is there a trial plan?

Yes, for \$50 you get 3 workouts and 3 follow up calls. At the end of that short program, you and we will have enough information to choose the right membership for you.

## What about youth or athletes?

We have 3 programs for you.

Youth 6 years to 12 years old – Instructional and appropriate workouts with competition in Adrenaline.  
\$10 per session

Leaders – Boys 6<sup>th</sup> through 8<sup>th</sup> grade \$20 per session or  
\$149 per month

Club and High School Teams - \$20 per session or  
\$149 per month.

# DEWCOACH

ELITE  
Membership  
\$209 month

The ELITE Membership is for the person that wants ALL of the DewCoach experience and family. This member will want to workout 10 times a month or more.

In addition to everything listed on the left side of this page the Core membership includes:

- A Protein Shake after each workout
- UNLIMITED WORKOUTS in the Starter or DewCoach Core Program
- 20% discount on Adrenaline Parties
- Specific Body Part Programming
- Custom Workouts such as Pre and Post Pregnancy, Bridal Prep, Special Event, Pre and Post Surgery.
- Power Plan – Power and Strength Program
- FREE Adrenaline Party up to 10 people
- Free Kids Play While You Workout
- DewCoachLife.com Membership

DEWCOACH.COM

CORE  
Membership  
\$149 month

The CORE Membership is for the person that wants more of the DewCoach experience and family. This member will want to workout 10 times a month or more.

In addition to everything listed on the left side of this page the Core membership includes:

- A Protein Shake after each workout
- UNLIMITED WORKOUTS in the Starter or DewCoach Core Program
- 20% discount on Adrenaline Parties

BASE  
Membership  
\$99 month

The BASE Membership is for the person that wants the DewCoach experience but only about 2 times a week. This choice limits you to 9 workouts per month.

You receive everything listed on the left column of this page.



## An Adrenaline Party is:

1. Easy
2. Fun
3. Affordable (Only \$20)
4. Inclusive (anyone can!)
5. Safe

There is nothing like it!  
Birthdays, Night Out, Any  
occasion, it is a memory!

*Go to*

[try.dewcoachlife.com/party](http://try.dewcoachlife.com/party)



Steve Gourley, Owner, General  
Manager and Head Trainer

[Dewcoach.com](http://Dewcoach.com)

[Steven@dewcoach.com](mailto:Steven@dewcoach.com)

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Valley, California 93065



Terry Gourley Owner and Trainer

# DEWCOACH

Small Group Fitness  
With a Personal Trainer in an  
encouraging, supportive  
environment of regular people  
getting healthier, looking  
better, feeling great and  
accomplishing more in their  
life everyday.

Variable Intensity Workouts  
using:

- Kettlebells
- Dumbbells
- Sandbags
- Slamballs
- TRX

And about 4 dozen more  
implements to create  
programs that get your body  
into its best shape ever!

