

Let me ask you a question...

Do you have the confidence that you are training right and working toward looking, feeling, and performing your best *right now*?

MaxOut Performance Fitness can get you to look better, feel better, and perform better **EVERY** day!

Why wait any longer?



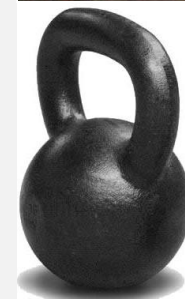
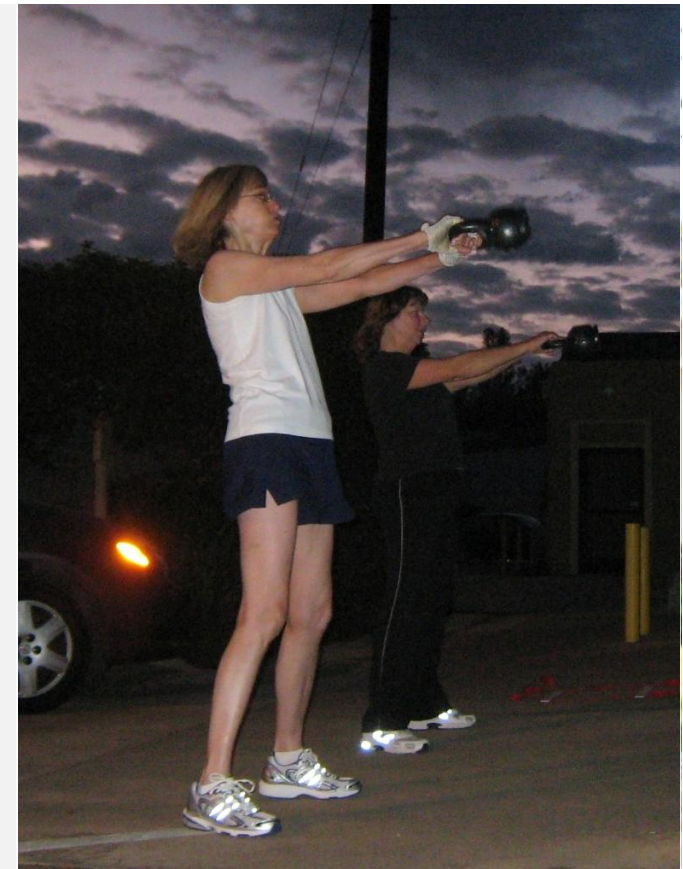
“Nothing good comes in life or athletics unless a lot of hard work has preceded the effort. Only temporary success is achieved by taking shortcuts.”

- Roger Staubach

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Operating out of:
SHAWSU
Workout Studio



REAL Fitness
with
REAL Results!!!

What is MaxOut?

MaxOut is a performance based fitness program designed for you to attain your highest level of fitness. **OUR MISSION** is simple: to help you look better, feel better, and perform better **EVERY day!!!**

Customized Fitness Approach in a Small Group Environment

In order to ensure we are able to provide a customized fitness approach in a small group environment we have fused functional movement into exercise and incorporated the seven components of a proper training program into each class. **BASICALLY**, we take the best from the sports performance training field and make it applicable to you.

How to get started

1) Start-up Package:

Schedule 3 movement training and assessment sessions. These semi-private sessions include:

- Postural Assessment
- Range of Motion Analysis
- Functional Movement Screen
- Body Composition Test
- Introduction to movement and nutrition basics

2) Choose a Membership Option that's right for you

Depending on your goals and needs, we offer a 2 day per week option and an unlimited option for our small group training classes. Also, additional semi-private sessions can be added to any membership option.

3) Enjoy as you look better, feel better, and perform better!!!



What does it mean?

Small Group Classes: up to 10 people

Semi-Private Sessions: up to 3 people

Training Schedule:

Small Group Classes:

Mornings:

Tuesdays 6:00am – 7:00am
Thursdays 6:00am – 7:00am

Evenings:

Mondays 7:30pm – 8:30pm
Tuesdays 7:30pm – 8:30pm
Wednesdays 7:30pm – 8:30pm
Thursdays 7:30pm – 8:30pm
Fridays 7:30pm – 8:30pm

Semi-Private Training and/or Assessment Sessions:

**Available by appointment only



Our Coaching Philosophy:

We don't offer month-to-month programs or drop-ins (except as a trial period - see below).

The reason: We invest a lot of time and energy coaching, educating and supporting our clients. As professional coaches and trainers, we are only willing to make such great investments in clients who are **equally** willing to invest in themselves.

Just try us out...

For a limited time, we are offering individuals the chance to try us out for 21 days for only \$49.

Programs:

One Time Start-up Package: \$199

Annual Program Options (12 month agreements)

2 classes/week → \$130 x 12 months

Unlimited classes/week → \$139 x 12 months

Short-term Program Options (3 month agreement)

2 classes/week → \$145 x 3 months

Unlimited classes/week: \$155 x 3 months

Need more sessions? With any of the above programs you can purchase additional semi-private sessions at \$50 each.