



PROGRESSIONFITNESS

MEMBERSHIPS

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\$299 GET STARTED!

Get started safely

\$299/month

MEMBERSHIP INCLUDES:

Get started the right way! Our expert coaches will take you through four personal training sessions to help you get off on the right foot! Learn what a class at progression is like, learn the basic movements the correct and safe way.

Four Personal training sessions, 30 min nutrition education, Inbody scan and interpretation, unlimited classes.

GROUP CLASSES

Three classes a week

\$165

MEMBERSHIP INCLUDES:

Up to three classes a week at the gym. Choose from Our CrossFit Class or our REV(bootcamp) class.

PERSONAL TRAINING

You and your coach 1:1

\$75/session

MEMBERSHIP INCLUDES:

Your personal coach will build you a custom plan and hold you accountable every step of the way.

With over 10 years of experience helping our clients achieve their health and fitness goals, Progression Fitness is the premier destination for your goals in Rochester, MN. Be sure to stop by our state of the art facility. Our coaches specialize in finding the right solution for your goals; We work for you.

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ADDRESS

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