

LAUNCH, co-creating the ultimate experience



LAUNCH is a four week program that will help address attitudes that ultimately impact behaviors toward living a physically active lifestyle. Our commitment to each customer is to work together co-creating values that meet their individualized needs.

Together we will co-create value by:

- Identifying key priorities to exercise
- Discovering strategies to remain committed to these priorities to exercise
- Allowing customers the right to choose preferences in exercise.

By working out with your trainer, we will help overcome common threats that cause people to fail at maintaining a physically active lifestyle by:

- Overcoming fear and intimidation
- Eliminate the no time to exercise excuse
- Increasing your confidence level towards exercise

Our **ultimate goal** is after your four week LAUNCH session, you can proudly say, **“I CAN DO THIS!”**

Family Wellness Members

1 person: \$32

2 person teams: \$58

Non-Members (included is a 30 day Family Wellness Membership)

1 person: \$72

2 person teams: \$130

To sign up for LAUNCH, contact Family Wellness at (605) 323-6953.