

Free Time Fitness 24/7 PACKAGES

3135 Niagara Falls Blvd
Amherst, NY. 14228
716-768-037

Basic Package

\$34.99/month - 12-Month Contract
\$39.99/month - No Commitment
24/7 Facility Access
1-30 min. Personal Training Session Trial
1-Group Exercise Class Trial
1-Nutritional Assessment Session
Unlimited Hydro-Massage

Training Package-Add On

\$44.99/month - 12-Month Contract
\$50/month - No Commitment
24/7 Facility Access
1-30 min. Personal Training Session per month
1-Nutritional Assessment per month
Unlimited Hydro-Massage

Unlimited Group Exercise Class Add on

\$19.99/month - 12-Month Contract
\$24.99/month - No Commitment
24/7 Facility Access
Unlimited Group Classes only per month
1-Nutritional Assessment per month
Unlimited Hydro-Massage

Physical Therapy Package

\$660 -12 Physical Therapy Sessions

A-La Carte

Training Drop-In Rate: \$50/30-minute session
Group Exercise Drop-In Rate: \$15/class
Drop-In Members Rate: \$20/day
Student Rate: \$30/month

Preferred Package

\$109.99/month - 12-Month Contract
\$114.99/month - No Commitment
24/7 Facility Access
1-30 min. Personal Training Session per month
Unlimited Group Exercise Classes per month
1-Nutritional Assessment per month
Unlimited Hydro-Massage
5-Guest Passes per month
1-T-Shirt or tank top
1-Water Bottle
1-Sports drink per week
1-Protein Bar per week

Elite Package

\$154.99/month - 12-Month contract
\$159.99/month - No Commitment
24/7 facility access
2-30 min. Personal Train Sessions per month
Unlimited Exercise Classes per month
1-Nutritional Assessment per month
Unlimited Hydro-Massage
10-Guest Passes per month
1-T-Shirt or tank top
1-Water Bottle
1-Sports drink per week
1-Protein Bar per week
10% off Store Purchases

*month to month only available at
a 1 year contract*