

“Take care of your body. It’s the only place you have to live.” -Jim Rohn

## Membership at Cornerstone, New Hope includes:

### Fitness

- Certified Exercise Physiologists & Trainers who will take you through an orientation and guide you on the fitness floor.
- Personalized Programs to get your started.
- Strength Equipment
- STRIVE Smart Strength
- Free Weights
- Rowing Machines
- Stairmasters
- Treadmills
- Lifecycles
- Ellipticals
- Arc Trainers and more...

### Exercise

- Cardio Theatre Entertainment
- Classic classes like step, stretching & toning
- Newer classes such as Zumba®, Bokwa (exclusive to Cornerstone), Capoeira (exclusive to Cornerstone), and combo/fusion classes
- Group Strength Classes including BTS Group Power
- Circuit Training Classes
- Pilates Mat Classes
- Classes in our dedicated Spinning™ Studio
- Unlimited Group Exercise Classes
- Certified Instructors

### Also included in membership:

**NEW!!** Membership at The TreeHouse. Please see the TreeHouse webpage for more on all this includes.

- Fit Rewards program—earn great prizes for all you do to keep healthy!
- 5 free guest passes on account each year
- Seasonal fitness events and contests to make your fitness journey that much more fun!

\*All our memberships are month to month. We do not have contracts.

\*Memberships are built by # of people in your home. You can have one person or many on your membership at any time. They can come on and off your membership at any time as well.

\*We offer a retainer program for when you are away or when life circumstances arrive.

\*We also offer medical freeze programs.

Cornerstone is proud to participate in the following health and fitness programs!



Healthy Lifestyles<sup>SM</sup>



Please contact us for more information on these programs.

Cornerstone Health & Fitness was created as a place for people to come exercise freely, without feeling intimidated, out of place, unwelcome or pressured to sign up for a bunch of extras.

We truly have created a happy, healthy, clean and inspiring environment where you can focus on you—and creating a better, healthier life.

Our staff are some of the most amazing professionals you’ll find, and the philosophy of helping others realize their goals and improve their lives, is instilled in each one of them.

*Our mission is simply to be the place with the most passionate people dedicated to making your health and fitness experience the best part of your day!*

This mission is in everything we do. And with it, it guarantees that you will enjoy walking through our doors, see the improvements you’re looking for and continue your journey of a healthier life.

Call or visit us...  
we make becoming a member easy!

### Additional Services Available at our New Hope Club:

- The Octagon Training System
- The Training Room
- Personal, Buddy and Team Training
- Health For Life Program and Testing
- Fun & Fitness Workshops
- Teen & Team Sports Training
- PreTeen Workshops
- Private Dance Lessons
- Pro Shop
- The Lobby Cafe
- CornerKids (ages 6 months to 7 years) Playroom, Kid's Yoga, and more

The TreeHouse is just behind our Cornerstone, New Hope facility. Please see more information about The TreeHouse, it’s classes, programs and life enrichment workshops.

