

## **GSA Membership Pricing Information**

**First Class Free!!!**

**10% off** all contracts for Military, First Responders, Medical and VB Teachers\*

### **Programs**

<b>Muay Thai and Kickboxing</b>	\$125.00
<i>Membership Includes: All Muay Thai/Kickboxing Classes</i>	
<b>Strength Training &amp; Conditioning</b>	\$99.95
<i>Membership includes all Strength and Conditioning Classes and full access to training equipment</i>	
<b>Grappling+MMA</b>	\$99.95
<i>Includes all GrindStone Grappling Classes and MMA Classes</i>	
<b>GrindStone Wing Chun-</b>	\$99.95

### **Program Combinations**

<b>Strength and Conditioning <i>and</i> Muay Thai/Kickboxing</b>	\$155.95
<b>Pick 2-</b>	
• <b>Muay Thai/Kickboxing <i>and</i> Grappling</b>	\$149.95
• <b>Grappling+MMA <i>and</i> Strength Training</b>	
<b>GrindStone Unlimited</b>	\$179.95
<i>Membership includes: ALL Strength and Conditioning And Muay Thai/Kickboxing and Grappling</i>	

### **Punch Card (valid for any class)**

- 5 Sessions= \$50
- 10 Sessions= \$100

### **Personal Training**

*Availability Open! Over 5 Trainers-Extremely qualified with many areas of expertise. Please inquire about rates at [gsa@grindstoneathleticsvb.com](mailto:gsa@grindstoneathleticsvb.com)*

**Drop in for any class = \$10 Military/First Responder (active and retired)**

**Drop in for any class = \$15**