

VARSITY HOUSE GYM



30 DAY

CLIENT MENTORSHIP





A LITTLE BIT ABOUT TRAINING AT VARSITY HOUSE

Varsity House is a global leader in performance training for athletes and individuals. We are a group of likeminded individuals and coaches who live and embrace the core values of hard work, humility, consistency, and commitment to excellence. Our mission is to be recognized as one of the very best gyms in the world. Our sole purpose is to give our clients the best hour of their day and provide them with the tools to empower their lives through fitness. Welcome to TEAM VARSITY HOUSE.

Let's take the next step together!

HOW DO I BECOME A MEMBER OF TEAM VH?

VH UNIVERSITY

30 DAY MENTORSHIP PROGRAM

Becoming a member is easy. We will guide you through every step in the process. That's why we have created VH University. The ultimate way to becoming a better "YOU"!

step
1

PRIVATE
assessment

Let our coaches build the perfect plan designed just for you.



step
2

3 PRIVATE
training sessions

Our coaches will guide you through the fundamental movements and practices here at VH.



step
3

PERSONALIZED
group sessions

For the remainder of your month our coaches will hand pick classes best suited for your level and needs.



step
4

GRADUATION!

*Now you are ready to become a fulltime Team Member!
Congratulations!*



THE BEST PATH TO A NEW "YOU"!



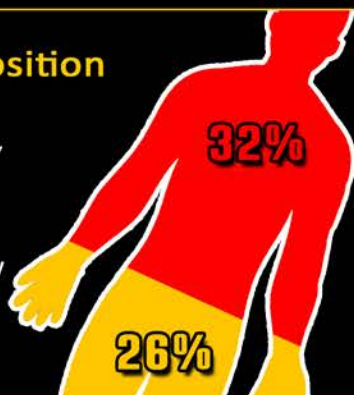
30 DAY MENTORSHIP PROGRAM

VH University was created to take the guesswork out of training, and becoming a fulltime TEAM MEMBER. This 30-Day "Education" period is an opportunity to learn the fundamentals of training in a more private setting. Our coaches will take each new TEAM MEMBER through an extensive personal fitness assessment to determine their goals and needs. TEAM MEMBERS will graduate VH University as part of our gym community, with a basic understanding of the Varsity House methodology including; fundamental movements, proper warm-ups and cool-downs, nutrition, and mobility.

Your Body Composition

Do you know what a healthy ratio of body fat to lean mass is?

We will teach you how to improve your composition.



Nutrition Essentials

What's your definition of healthy eating?

We will show you the best way to reach your goals.



Training History

Do you have old injuries, or limitations?

We will design your plan to overcome them.



Your Personal Fitness Assessment

Do you know what type of training is the best way to achieve your goals?

We will help determine that for you, so all you have to do is have fun!



Fitness & Lifestyle Goals

What does your ideal fitness and healthy lifestyle look like?

We will help you make better choices to achieve the best version of YOU.



A New Way Of Life

Do you have a winning mindset?

Our community will help you develop the mindset to make fitness a key component in your new lifestyle.



CHANGE YOUR LIFE TODAY!

LOST 34.2lbs
COMPLETELY CHANGING
HIS BODY!
GAINED 2.6%
LEAN MUSCLE MASS
DOWN 4.7%
OF BODY FAT



"The VH staff showed extreme patience in advising me of the various exercises and diet tips They were always there to support me when I needed it!"



VARSITY HOUSE
university

fitness
& LIFESTYLE
ASSESSMENT

3
private
SESSIONS

custom
GROUP
SCHEDULE

VH University is everything you need to familiarize yourself with our style of training and prepare you for full time entry into our regular group class schedule. With your new education, and a new healthy lifestyle, you will make fitness a habit and develop a real food diet, sustainable for the rest of your life.

30 DAY MENTORSHIP
\$299.99

