

Membership Packages

Solo:

A single membership can be purchased by anyone 18 years or older.

Paired:

a) Married couples

b) Two family members that are immediate in relation, or parent/legal guardian and his or her dependent between the ages of 12 and 20 who live together. To establish legality, proof of guardianship might be required.

Family:

Recognized as a couple and any person that is immediate relation with at least one of the two persons that are considered the couple. The immediate relatives have to be under 21, otherwise that person is no longer considered part of the family membership.

Tanning Sessions

Take a relaxing nap in one of our powerful, top of the line 15 minute tanning beds or tan-and-go using our 9 minute stand up tanning bed. Your choice, your tan.



*Fun, Delicious
and Nutritious!*

High Protein Shakes

Low Calorie Burners

Coffee Concoctions

Smokin' Smoothies

Low Carb-High Protein Shakes



BLYTHE

family fitness

219 W. 5th, Pratt
(620) 672-1055

Monday-Thursday:
5:00 a.m.-9:30 p.m.

Friday:
5:00 a.m.-8:00 p.m.

Saturday
8:00 a.m.-3 p.m.

Sunday
1:00-4:00 p.m.

Senior Strength

This low-impact aerobic and strength building senior workout program is designed for all fitness levels. This program includes a variety of exercises that are designed to increase muscular strength, agility, heart health, and to support the skills required for your daily life activities. Chairs are included in the workout for standing and seating support so you can push yourself as much as you want. Get ready for a head-to-toe workout!

Pilates

This personal and practical approach will strengthen, tone, and improve posture as well as increase flexibility, balance and coordination. Challenge your core strength and flatten your abdomen with whole body movement that will improve the way you move and feel!



BOSU

Add some excitement to your routine! This fun-filled class integrates the BOSU Balance Trainer in a variety of cardio and core conditioning exercises for a balanced and invigorating workout. Establish and reinforce your balance, stability, and core strength in an entertaining and challenging new way.

Spin

More than just a great workout! It's a comprehensive training program specifically designed to offer participants targeted heart rate training, expert coaching and a unique mind/body experience. Climb mountains, chase the pack, roll over hills and spin your way to burning calories while strengthening your lower body and core.

R.I.P.P.E.D.

Experience this total body "plateau proof" workout, using resistance and cardio training, which masterfully combines Resistance, Interval, Power, Plyometrics, Endurance, and Diet.

HardCORE

Hard CORE focuses on strengthening your core (abs and lower back) using the sponge-ball, stability ball, and medicine ball! Not only will this class help you get that flat tummy you've always wanted but it will also improve your balance and strength!



A fun Latin inspired dance workout featuring exciting upbeat music and sassy moves. You don't have to know how to dance to shake it!



All the fun of Zumba, fused with a toning stick to give you extra muscle tone.

Nick's Half Hour of Power

A quick and effective workout after work! This class has low intensity cardio exercises mixed with dumbbells to get a great total body workout. Join us for a jump start to your evening! Appropriate for all fitness levels.

Nick's Outdoor Cardio

Get outside for some invigorating fresh air!! This 30 minute workout is moderate to high intensity with fun team relays, short sprints, agility drills, and more.