***About Bionic***

Bionic Body is a revolutionary fitness studio focused on group and personal training. Our unique combination of effective training in an inspiring atmosphere is ideal for those looking for results.

At Bionic Body, you will experience the best instructors trained to deliver first class services and personal attention. We cater to YOUR goals, needs, and level of fitness.

During each workout, you will engage in resistance training to increase your metabolism, work core muscles to strengthen and tone the mid-section, utilize your own body weight to challenge and improve balance and flexibility and increase your heart rate to burn maximum calories and fat.

Beyond providing a unique workout method, our trainers’ inspirational coaching approach will leave you feeling strong, confidant, and Bionic.

***Classes***

Bionic Body offers a variety of training to cover all your needs. We embrace the best of popular styles such as kettle bells, sandbags, body weight and TRX exercises, traditional strength training, bar, and yoga classes.

Along with your favorite workout tools, we will introduce you to our signature Bionic Body Track. Our unique track system works with a variety of resistance bands and attachments to provide a fun and effective workout for a first timer or an avid athlete.

Our group training classes are small and personal allowing the trainer to give you the attention you need to customize the workout to your level of fitness. Please visit our website, BionicBody.com for all the class descriptions.

**Pricing:**

Memberships: 2x week=$139 3x week = $159 Unlimited $179

Class Packs: 5 classes $115 10 Classes $210 20 Classes $380

***Personal Training***

Stay motivated and on track with one of our master certified personal trainers. Your trainer will create a plan that fits your specific goals, injuries, and workout preferences to make sure you reach your goals as quickly and safely as possible! All of our Personal Trainers hold master certifications and have 10+ years experience.

**Pricing:**

4 sessions $484 8 sessions $936 12 sessions $1344 24 sessions $2568

***Bionic Mommy – Happy Mommy, Happy Baby***

If you are an expecting mother, a new mom, or just beginning to tackle your post pregnancy weight, we’re here to help! Our Bionic Mommy program is customized for you by highly renown, pre and postnatal specialist, Danielle Spangler.  

Danielle and our team of pre and postnatal experts will help you work through all aspects of motherhood from exercise to nutritional advice. Our safe and effective pre and postnatal interval training accommodates physical limitations that have resulted from childbirth and delivery.  You'll enjoy the small group training as you connect with other South Bay Moms and tackle the day-to-day obstacles while gaining strength, flexibility, and stamina. Exercise with or without your baby! Carriers, strollers, and baby bjorns are welcome. Newborns are safe ,welcome, and by your side!

**Pricing:**

$15 First Class

1 month unlimited $240 3 Months $199/month 6 Months $189/month

4 class pack $100 8 class pack $175

Additional adds:

Quote:

“Bionic Body is not just a gym; it is a unique  
escape that will redefine the way you feel  
about working out and living a healthy lifestyle.”

**-Kim Lyons**

**Owners**

Bionic Body is owned by fitness power couple Kim and Gunter Schlierkamp. Kim Lyons-Schlierkamp is a former IFBB fitness competitor and one of the trainers from NBC’s hit show, The Biggest Loser. Gunter Schlierkamp, World Class Olympian Bodybuilder and actor.

Location:

Bionic Body

1244 Hermosa Ave

[www.BionicBody.com](http://www.BionicBody.com)

**(310) 997-4237**

**TRIAL OFFER- This is important-Possibly design with a coupon**

$45 Two Weeks Unlimited Classes

Sign up online at BionicBody.com