



\$265
A MONTH

OUR FINEST MEMBERSHIP

\$265 a month includes:

- 1 Weekly private training session
- 10% off supplements
- Free inbody test 6-8 weeks

STARTING AT
\$272
A MONTH

WHY FITNESS SANCTUARY?

We were built for those who felt lost every time they've entered a gym. The moment you step into F.S. you will be met by smiling faces that want you to win. Working out is only half the battle so we will be there to help you with nutrition including free monthly nutrition classes and accountability calls when you miss more than one day in a row to make sure you sticking to your goals!

COMPARE

- \$3,276/year streaming services*
- \$2,784/year eating out*
- \$1,460/year Starbucks*

\$1,460/year F.S. Membership*

**Average annual cost*

MEMBERSHIPS INCLUDE

- Programmed training sessions (guaranteed results)
- Inbody tracking (muscle/fat analyzer)
- Monthly Nutritional group
- Community like-minded setting
- Sanctuary Challenge discounts
- Open gym times to help meet all schedules

SMALL GROUP TRAINING

- Month-to-month **\$172/mo**
- 6 Months (Starting to believe) **\$157/mo**
- 12 Months (I'm Committed) **\$138/mo**
- 18 Months (Transformation) **\$122/mo**

PRIVATE TRAINING PACKAGES

Requires a minimum 8 sessions per month

9 months @ \$34 per session

6 months @ \$36 per session

3 months @ \$38 per session

1 month @ \$40 per session



Owasso Fitness Sanctuary is more than a fitness studio or training space. We are a community of determined individuals seeking to make big life changes through small steps in health and fitness in Owasso. Our team of trainers and coaches are passionately dedicated and driven by genuine compassion for helping others achieve success. Through our authentic, addictive, and result-driven training programs, we have fostered a close-knit community of people motivated to boost their performance where they live, work, and play. We are here for people who want to put in the work and fall in love with the process. In a nutshell, We help busy and dedicated individuals become healthier and fitter so that you can feel sexy and happy doing the things you enjoy doing!

UNAPOLOGETICALLY COMMITTED



MASHAWN COPELAND

PERSONAL TRAINER, ACE CPT
FOUNDER



HAYLEE COPELAND

PERSONAL TRAINER
OWNER



MONDAY - THURSDAY

TEAM STRENGTH TRAINING:

4:45AM, 5:20AM, 9AM, 4:45PM, 6:15PM

METABOLIC CONDITIONING:

6AM, 8:15AM, 5:30PM

OPEN GYM: 7AM, 10AM, 3PM

*MON-THURSDAY EVENING CLASSES
SUPERVISED CHILDWATCH*

FRIDAY

TEAM STRENGTH TRAINING:

4:45AM, 5:20AM, 9AM, 11AM, 4:45PM

METABOLIC CONDITIONING:

6AM, 8:15AM, 12PM,

OPEN GYM: 7AM, 10AM, 3PM

SATURDAY

COACHES CHOICE: 8AM, 8:45AM

302 E 5TH AVENUE, UNIT D
OWASSO, OK 74055
OWASSOFITNESSANCTUARY@GMAIL.COM
918.376.6474



OWASSOFS.COM



BECOME YOUR BEST

