

Pinnacle Health + Fitness vs. Express Clubs

| Pinnacle | FEATURES | Express Clubs |
|-------------|--|---------------|
| YES | Functional equipment | NO |
| YES | Group Exercise Classes with friendly instructors | NO |
| YES | TRX | NO |
| YES | Zumba | NO |
| YES | BodyPump | NO |
| YES | Cycling Classes | NO |
| YES | Body Step | NO |
| YES | Body Combat | NO |
| YES | Yoga | NO |
| YES | Whirlpool | NO |
| YES | Sauna | NO |
| YES | Steam Room | NO |
| YES | Swimming Pool | NO |
| YES | Boot Camps | NO |
| YES | Warm Water Exercise Pool | NO |
| YES | CPR certified Staff | NO |
| YES | First Aid certified Staff | NO |
| YES | Towel Service | NO |
| YES | Child Care | NO |
| YES | Personal Training Studio | NO |
| YES | Juice Bar | NO |
| YES | Massage | NO |
| YES | Treadmills | YES |
| YES | Elyptical Trainer | YES |
| YES | Exercise Bicycle | YES |
| YES | Circuit Equipment | YES |
| YES | Free Weights | YES |
| YES | multiple locations | YES |
| YES | Tanning | YES |
| 100% | PERCENTAGE OF FEATURES AVAILABLE | 25% |

Monthly Membership
\$45 - \$50/mo

<<<<<<What is the better value? >>>>>>

Monthly Membership
\$30-45/mo.