



VitalitySync Longevity Program

Total Program Cost: \$2,400 one-time payment or \$800 every 4-weeks

Payment Breakdown: CoreMetric Testing: $\$300 \times 2 = \600 CoreMotion Group Classes: $\$50 \times 36 = \$1,800$

1. Program Structure

Initial CoreMetric Testing (Week 0) — Your personalized evaluation and orientation.

CoreMotion Group Fitness Program (Weeks 1–12) — Three group classes per week designed to improve the five CoreMetrics through integrated balance, strength, mobility, and endurance training. Each class member will be given a heart rate monitor for each class to track progress for each session. Afterwards, you will receive a report with a snapshot of your performance for that day.

Personal Cardio Plan — A tailored cardiovascular routine to be performed independently on non-class days, supporting your aerobic and longevity goals. **Final CoreMetric Testing (Week 12)** — Comprehensive re-evaluation to measure progress, quantify improvements, and identify new opportunities for growth. Each **12-week cycle** consists of **36 total CoreMotion classes** and **two detailed CoreMetric assessments**. This structured approach ensures that every participant moves with purpose and tracks measurable improvement.

2. Commitment & Expectations

The VitalitySync Longevity Program requires full participation and consistency. Members are expected to:

- Attend all three CoreMotion classes each week
- Complete assigned cardio sessions outside of class
- Adhere to program guidelines for recovery, nutrition, and lifestyle habits This level of accountability ensures that every participant receives the full value of the program and achieves sustainable results that last beyond the 12-week cycle.

3. Why It Matters

Longevity isn't about living longer — it's about living better.

By combining science-backed testing, targeted training, and personal accountability, the VitalitySync Longevity Program helps you:

- Increase energy and physical resilience
- Improve muscle function and joint health
- Reduce risk of injury and chronic decline
- Enhance metabolic efficiency and cardiovascular performance
- Build the foundation for lifelong vitality and movement freedom

Optimize every decade of your life.