

ENERGYM

FITNESS CENTER AND NUTRITION BAR

2201 S. HALSTED ST. (CERMAK & HALSTED) CHICAGO, IL. 60608 • 312.226.9491

ENERGYM JUICE BAR MENU

PROTEIN SHAKES

1Scoop Protein Shake.....\$5.00

PROTEIN: CHOCOLATE-STRAWBERRY-VANILLA-TROPICAL PUNCH

Extra Protein.....\$1.00

SMOOTHIES.....\$4.00

MIXED WITH CHOICE OF SKIM MILK or ORANGE JUICE

HEALTHY ADDICTIONS\$.75

Flax Powder • Green Tea • Energy Booster • Ginseng • Bee Pollen
• Brewers Yeast • Glutamine

(SEASONAL FRUITS)

- Strawberry • Blueberry - Strawberry • Strawberry and Banana • 100% Mango Smoothie
- Banana, Granola & Honey • Banana, Cinnamon & Vanilla • Pineapple & Strawberry
- Banana, Oatmeal, Cinnamon & Vanilla • Pineapple & Banana • Papaya & Mango
- Cantaloupe & Papaya Smoothie

EXTRAS.....\$.75

TOP FAVORITES SMOOTHIES

*AZTEK MIX.....\$5.00

Strawberries, Papaya, Carrot Juice & a Touch of Pepper

*ISLAND PASSION.....\$5.00

Papaya, Pineapple, Strawberries & Orange Juice

*BREAKFAST SMOOTHIE.....\$5.00

Apple, Strawberries, Banana, Peanut Butter, Oatmeal & Orange Juice

*ALMOND SMOOTHIE.....\$5.00

Almonds, Banana, Strawberries, Oatmeal, Granola, Cinnamon & Vanilla

*MATT'S POWER PUNCH.....\$5.00

Banana, Carrots, Beets, Pineapple, Strawberries, Apple, Cantaloupe, Papaya

*KURT'S PURPLE PUNCH.....\$5.00

Banana, Strawberries, Apple, Granola, Almonds, Vanilla

*FRANKY'S FAVORITE.....\$5.00

Banana, Apple, Granola, Almonds, Honey, Cranberries

BRING YOU OWN WASHED VEGETABLES & WE'LL JUICE THEM FOR YOU 16oz For \$1.50

MIXED VEGGY JUICES\$3.50 16oz

- Chicago Winter Tonic-Carrot, Beet, Parsley
- Chris' Rejuvenator-Apple, Orange, Lime, Ginger
- Satin Skin Juice-Orange Carrots, Ginger
- Popeyes Pop-Carrot, Beet, Spinach
- The Red Roar-Carrots, Apples, Beets.
- ORANGE JUICE
- The Champ-Apple, Carrots
- CARROT JUICE

V-10.....\$5.00

(Seasonal Vegetables) EXTRAS FRUIT OR VEGETABLES.....\$.50

FRUIT SALADS (seasonal fruit) Topped With Yogurt or Honey & Granola

Large Fruit Salad\$7.00 Small Fruit Salad\$3.50

Extras: Yogurt, Granola or Honey \$0.50

SALADS

Turkey, Chicken, Ham Salads\$6.50

Veggy Salad.....\$5.00

Ingredients: In a Bed Of Lettuce, Tomatoes, Bell Peppers, Carrots, Cucumber, Olives, Cheese, Cranberries and Dressing

DELI-SANDWICHES\$5.00

* Whole Wheat or Ciabatta Bread

- Turkey Sandwich • Ham Sandwich • Original Chicken Breast
- Chicken Salad • Tuna Salad • Franky's Avocado Sandwich

* PEANUT BUTTER & JELLY SANDWICH\$2.50

* EXTRA: BANANA OR APPLE\$.50

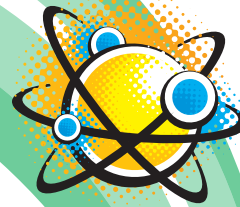
HOME MADE SOUP.....Lrg. \$3.50 - Sm. \$2.50 OATMEAL WITH BROWN SUGAR..Lrg. \$3.00 Sm. \$2.50

Low Fat and Sodium/ Fresh Vegetable • Chicken Noodle
/ Minestrone/ Black Bean Soup

EXTRAS: Dry Cranberries, Raisins, Banana \$ 0.50



Prices Subject to Change *Tax not included*



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NO CONTRACTS OR ENROLLMENT FEES. RATES

MONTHLY.....\$35.00

SINGLE:

•3 MONTHS.....\$100.00

•6 MONTHS.....\$160.00

•1 YEAR.....\$300.00

COUPLES:

•3 MONTHS.....\$180.00

•6 MONTHS.....\$300.00

•1 YEAR.....\$480.00

FAMILY OR GROUPS OF 4 OR MORE:

•3 MONTHS.....\$250.00

•6 MONTHS.....\$450.00

•1 YEAR.....\$860.00

Prices subject to change without notice

ONE FREE ORIENTATION SESSION FOR YOU & A FRIEND.



ONE ON ONE TRAINING BY

CERTIFIED & PROFESSIONAL TRAINERS.

BOXING, KICKBOXING & WOMEN'S SELF DEFENSE

PERSONAL TRAINING & NUTRITIONAL CONSULTANT

SPORTS PERFORMANCE AND PERSONAL INSTRUCTOR

PERSONAL TRAINING & BOOT CAMP TRAINING

EXCELLENT & COMPETITIVE RATES

FEMALE & MALE TRAINERS.

10% DISCOUNTS FOR

STUDENTS, POLICE OFFICERS, FIREMEN AND PARAMEDICS. VALID I.D. IS REQUIRED.

BUSINESS HOURS

Monday-Friday 6:00 a.m. - 10:00 p.m.

Saturday 8:00 a.m. - 4:00 p.m.

Sunday 9:00 a.m. - 4:00 p.m.

Buy Online



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PARKING

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