



Group Sports Performance

Effective 6/1/19

Initial Assessment: 60 Minute Sports Assessment & 30 Minute Training Session

1on1 \$99
2on1 \$65/each
3on1 \$55/each

**Option 1:
Group Performance**
60 Minute Sessions
4 Week Commitment

2 Sessions/week
\$176.00
(\$22/session)

Athlete limited to 8 strength sessions per month. Months with 5 weeks will require drop in sessions for the 5th week

**Option 2:
Group Performance**
60 Minute Sessions
4 Week Commitment

Unlimited Sessions
\$240.00

Athlete can take as many strength sessions per week as wanted.

**Option 3:
Speed & Group Performance**
90 Minute Sessions
4 Week Commitment

(2) 90min sessions/week
\$256.00
(\$32/session)

Athlete can take (2) 90 minute sessions per week -which include 30 minutes of speed & 1 hour of strength per session. Athlete limited to 8 sessions per month. Months with 5 weeks will require drop in sessions for the 5th week.

Option 1 & Option 2 are for Strength Group Performance classes only. No gym memberships are included in any of these packages. If athlete is interested in coming in on their own (must be 14 years or older), it is an additional \$25/month for a general gym membership.

Strength Drop In Sessions:

Current Athlete (for extra sessions): \$22 each
Non-Current Athletes (must have completed 4 weeks of training prior): \$29 each

Speed Only Option:

Option 1 – 1x a week- (4) ½ hour sessions each month- \$40
Option 2 –2x a week- (8) ½ hour sessions each month- \$80

Team Training Option

4 Week Commitment- 8 or more teammates required
Private sessions, Time TBD / Sessions are 60-75 minutes

1x/week \$88/athlete for 4 weeks (\$22/session)
2x/week \$160/athlete for 4 weeks (\$20/session)
3x/week \$216/athlete for 4 weeks (\$18/session)

**Parent/Guardian
Discounted Gym Memberships!**

\$30/month per person