



### Strength Agility & Core Conditioning Classes

Member Drop-In: \$15	Non-Member Drop- In: \$20
5 Classes: \$50	5 Classes: \$60
8 Classes: \$72	8 Classes: \$96
12 Classes: \$96	12 Classes: \$120

*Class Package purchases must be used within 6 weeks.*

### Sports Specific Group Training

- 2 - 4 people \$25 per session per individual.
  - 5 - 11 people \$15 per session per individual.
  - 12 - 16 people \$12.50 per session per individual.
  - 17 - 20 people \$10 per session per individual.
- (4 session minimum)

### Group Training Rates

- Partner Training (2 people) 12 Sessions @ \$35 per session per individual = \$420
- Group Training (3+ people) 12 Sessions @ \$30 per session per individual = \$360

### 30 Minute Workout Rates

- Partner Training (2 people) 12 Sessions @ \$25 per session per individual = \$300
- Group Training (3+ people) 12 sessions @ \$20 per session per individual = \$240

*All Group Training packages must be used within 6 weeks.*

### 1 on 1 Training Rates

- Program (2 sessions) + Workout Program = \$175
- 4 Sessions @ \$60 per session = \$240
- 8 Sessions @ \$55 per session = \$440
- 12 - 16 Sessions @ \$50 per session = \$600 - \$800
- 24 Sessions @ \$45 per session = \$1,080

\$10 Travel Fee per session if travel is more 10 miles.

*Should there be a lapse in training; sessions not used within 30 days are forfeited. Cancellation of sessions must be made no later than 24 hours before scheduled start time otherwise you will have to pay for that session.*

*Payments for all sessions are to be made prior to or at the first training session.*