



ATHLETE PERFORMANCE MEMBERSHIPS

SPORTS PERFORMANCE TRAINING PROGRAM for High School and College Athletes (ages 15-23) \$199/month X 2 months minimum 2 group coaching sessions/week This program is designed for the college bound or current collegiate athlete. **Only strongly committed** athletes will be accepted into this program. Each athlete will be required to go through a movement screen and will be tested on specific athletic skills. The movement screen allows our coaches to flush out stability/mobility issues as well as muscular imbalances that could possibly lead to injury. The performance tests will give our coaches actual data so we can track the athlete's progress. Components of the testing program include: vertical jump, speed, strength, agility, balance, core stability, and a nutritional assessment. (No more than 8 athletes per session.)

ADULT MEMBERSHIP OPTIONS

GROUP COACHING GOLD MEMBERSHIP • \$119 x 12 months ►

- Unlimited access to our high energy group fitness coaching sessions.
- Up to 10 people per class.
- A scientifically designed group fitness program (changes once a month) designed to boost your metabolism, decrease injuries, increase your strength and function better with your daily activities. Get your metabolism revving with this membership.

This membership is recommended if you do not have any special circumstances such as injuries or limitations which require you have a specific program designed for you.

ALL ACCESS BASIC MEMBERSHIP • \$219 x 12 months ►

Includes all of the benefits of our group coaching gold membership PLUS:

- **One** fitness coaching session a week (4/month) working on your specific needs and goals in a semi-private session.
- Individualized program design written specifically for you (changed every 4-6 weeks).
- Unlimited use of the gym anytime during our business hours along with a copy of your specific program.

ALL ACCESS ELITE MEMBERSHIP • \$379 x 12 months ►

Includes all of the benefits of our All Access Elite Membership PLUS:

- A **second** fitness coaching session per week (for a total of 8/month).
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SHORT TERM MEMBERSHIP

3 MONTH GROUP COACHING MEMBERSHIP • \$149 x 3 months ►

All of the benefits of our Group Coaching Gold Membership with only a 3-month commitment.

3 MONTHS TO FIT BASIC MEMBERSHIP • \$279 x 3 months ►

All of the benefits of our **All Access Elite Membership** with only a 3-month commitment.

3 MONTHS TO FIT ELITE MEMBERSHIP • \$429 x 3 months ►

All of the benefits of our **All Access Ultimate Membership** with only a 3-month commitment.

Need more sessions?

Add more sessions on any of the above memberships. You can purchase additional fitness coaching sessions at 4 sessions for \$200

One time membership fee: \$79 to get started on all memberships.

Memberships are billed with EFT/Credit Card and are a 3 or 12-month agreement. First payment due at the END of the first month of membership – billed monthly thereafter.