

# 2017 Sports Performance Price List

	Monthly Contracts			Session Rates	
	<u>4 Sessions</u> Per Month	<u>8 Sessions</u> Per Month	<u>12 Sessions</u> Per Month	<u>10 Sessions</u> 6 Month Expiration	<u>Single Session</u> (Evaluation)
(Recommended Use)	1 Session / Week	2 Sessions / Week	3 Sessions / Week	Weekly / Bi-Weekly	
<b>Youth Open Group Training</b> (8-12yrs)	\$65.00 \$17.25 / Session	\$129.00 \$16.13 / Session	\$179.00 \$14.92 / Session	\$187.00 \$18.70 / Session	\$23.00
<b>Student Open Group Training</b> (13-21yrs)	\$94.00 \$23.75 / Session	\$179.00 \$22.38 / Session	\$249.00 \$20.75 / Session	\$250.00 \$25.00 / Session	\$29.00
<b>1 Hour Private Training</b> One Person (All Ages)	\$216.00 \$54.00 / Session	\$432.00 \$54.00 / Session	\$648.00 \$54.00 / Session	\$590.00 \$59.00 / Session	\$75.00
<b>1 Hour Private Training</b> Two Persons (All Ages)	\$380.00 \$95.00 / Session	\$760.00 \$95.00 / Session	\$1,140.00 \$95.00 / Session	\$990.00 \$99.00 / Session	\$125.00
<b>1/2 Hour Private Training</b> One Person (All Ages)	\$128.00 \$32.00 / Session	\$256.00 \$32.00 / Session	\$384.00 \$32.00 / Session	\$350.00 \$35 / Session	\$40.00
<b>1/2 Hour Private Training</b> Two Persons (All Ages)	\$212.00 \$53.00 / Session	\$424.00 \$53.00 / Session	\$636.00 \$53.00 / Session	\$550.00 \$55.00 / Session	\$65.00
<b>Home Training Plan</b> (2 private sessions with take home exercises)	\$199.00				

All Sessions must be used before contract expiration date.

\*Performance and injury risk evaluations included with all contracts.