

2018 Sports Performance Price List

	Monthly Contracts			Session Rates	
	<u>4 Sessions</u> <u>Per Month</u>	<u>8 Sessions</u> <u>Per Month</u>	<u>12 Sessions</u> <u>Per Month</u>	<u>10 Sessions</u> <u>6 Month Expiration</u>	<u>Single Session</u> <u>(Evaluation)</u>
Recommended Use:	1 Session / Week	2 Sessions / Week	3 Sessions / Week	Weekly or Bi-Weekly	
Youth Open Group Training (8-11yrs)	\$65.00 \$17.25 / Session	\$129.00 \$16.13 / Session	\$179.00 \$14.92 / Session	\$187.00 \$18.70 / Session	\$23.00
Student Open Group Training (12-21yrs)	\$94.00 \$23.75 / Session	\$179.00 \$22.38 / Session	\$249.00 \$20.75 / Session	\$250.00 \$25.00 / Session	\$29.00
1 Hour Private Training (All Ages)	\$216.00 \$54.00 / Session	\$432.00 \$54.00 / Session	\$648.00 \$54.00 / Session	\$590.00 \$59.00 / Session	\$75.00
1/2 Hour Private Training (All Ages)	\$128.00 \$32.00 / Session	\$256.00 \$32.00 / Session	\$384.00 \$32.00 / Session	\$350.00 \$35 / Session	\$40.00
Home Training Plan (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.