

2019 Sports Performance Price List

Monthly Contracts

Session Rates

4 Sessions
Per Month

8 Sessions
Per Month

12 Sessions
Per Month

10 Sessions
6 Month Expiration

Single Session /
Evaluation

Recommended Use: 1 Session / Week 2 Sessions / Week 3 Sessions / Week Weekly or Bi-Weekly

Youth Open Group Training
(8-11yrs)

\$69.00
\$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

1 Hour 2 Person Private Training
(All Ages)

\$324.00
\$81.00 / Session

\$648.00
\$81.00 / Session

\$648.00
\$81.00 / Session

\$972.00
\$89.00 / Session

\$110.00

1/2 Hour 2 Person Private Training
(All Ages)

\$192.00
\$48.00 / Session

\$384.00
\$48.00 / Session

\$576.00
\$48.00 / Session

\$350.00
\$53 / Session

\$55.00

Home Training Plan

\$199.00

(2 private sessions and customized exercise plan)

All Sessions must be used before contract expiration date.

*Performance and injury risk evaluations included with all contracts.

an entity of Summit Surgical, a Physician Owned Hospital



**REHABILITATION &
SPORTS PERFORMANCE**