

2019 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> <u>Evaluation</u>
Recommended Use:	1 Session / Week	2 Sessions / Week	3 Sessions / Week	Weekly / Bi-Weekly	
Youth Open Group Training (45min) (7-11yrs)	\$48.00 \$12 / Session	\$80.00 \$10 / Session	\$96.00 \$8 / Session	\$150.00 \$15 / Session	\$20.00
Student Open Group Training (1Hr) (12-21yrs)	\$88.00 \$22 / Session	\$160.00 \$20 / Session	\$216.00 \$18 / Session	\$250.00 \$25.00 / Session	\$30.00
Private Training (1/2 Hr) (All Ages)	\$128.00 \$32.00 / Session	\$256.00 \$32.00 / Session	\$384.00 \$32.00 / Session	\$350.00 \$35 / Session	\$40.00
Private Training (1 Hr) (All Ages)	\$216.00 \$54.00 / Session	\$432.00 \$54.00 / Session	\$648.00 \$54.00 / Session	\$590.00 \$59.00 / Session	\$75.00

All contract sessions must be used before contract expiration date.

*Evaluations included with all contracts/packages.

Take Home Exercises (Package Add On) Exercises and stretches with pictures, instructions and log book. \$59.00

Customized Home Training Plan Private evaluation session and private review session, customized exercise plan with pictures, instructions, and log book. \$199.00

Other Services (Call 620-665-7766):

- Private Sibling or Couple Sessions
- Group or Team Training
- On-Location Team Training, Clinics or Consults
- PE Class Visits
- Speaker

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