

Youth/Student Athlete Open Group Price List

	Monthly Contract Rates		Session Rates	
	Weekly Session	Unlimited Daily Pass	1 Session / Eval	10 Session Pack
Youth (Ages 7-11) - 45 Minute Sessions	\$48.00 (\$12 / Session)	\$80.00 (\$4-10 / Session)	\$20.00	\$150.00 (\$15 / Session)
Student Athlete (Ages 12+) - 60 Minute Sessions	\$88.00 \$22 / Session	\$150.00 \$8-19 / Session	\$30.00	\$250.00 \$25 / Session

*All group contracts and packages include evaluation.

Private Training Price List

	Monthly Contract Rates		Session Rates	
	(Choice weekly session frequency)		1 Session / Eval	10 Session Pack
30 Minute Private Sessions	\$32.00 / Session		\$40.00	\$350.00
All Ages - 60 Minute Private Sessions	\$54.00 / Session		\$75.00	\$590.00
30 or 60 Minute Private Partner/Friends Sessions			Contact for rates	

*All private contracts and packages include fitness evaluation.

**All private contracts include at least one free session to bridge between months, or use as you wish.

Other Services (Call 620-665-7766)

- Customized Take Home Exercises (Package Add On)
- Customized Home Training Plan
- Group or Team Training
- On-Location Team Training or Clinics
- Speaker / Guest Class Instructor / Consulting

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