



Drop in Rate: \$20

Personal Training: \$65/session

Small Group Training

- Twice per week: \$132/month
- Three times per week: \$199/month
- Four times per week: \$264/month

NOTE: Each session averages \$16.50/session.

Large Group/Team Training

- Twice per week: \$65/month
- Three times per week: \$97.50/month
- Four times per week: \$130/month

NOTE: Each session averages \$8.00/session.

Team Training (Entire Week)

- In Session Training: \$3000 for 12 weeks
(Twice per week)
- Off-season Training: \$4000 for 12 weeks
(Three times per week)
- Preseason Training: \$5000 for 12 weeks
(Four times per week)

Massage Therapy/Nutrition:

- Available on request.
- Contact Joe Young for more information.