



<p>Drop in Rate: \$20</p>	<p>Personal Training: \$65/session</p>
<p>Small Group Training</p> <ul style="list-style-type: none"> • Twice per week: \$132/month • Three times per week: \$199/month • Four times per week: \$264/month <p>NOTE: Each session averages \$16.50/session.</p>	<p>Unlimited Group Training</p> <ul style="list-style-type: none"> • \$200/month <p>Winter Break College Athlete Membership</p> <ul style="list-style-type: none"> • \$100/unlimited
<p>Team Training</p> <ul style="list-style-type: none"> • 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) 	<p>Massage Therapy/Nutrition:</p> <ul style="list-style-type: none"> • Available on request. • Contact Joe Young for more information.