

MONTHLY MEMBERSHIPS

Basic Membership: \$30 / Month

Access to gym equipment during regular business hours.



TRANSFORM YOUR BODY, TRANSFORM YOUR LIFE

*Reach new goals with our
transformative training program*

PERFORMANCE ASSESMENT

Assessment & Sessions: \$80

To elevate your performance to new heights, this assessment is crucial, as it serves as the foundation upon which progress is built.

What's included?

- ✓ *One-hour performance assessment*
- ✓ *One personalized training sessions*

GROUP TRAINING

Group training is an effective way to boost performance while joining a supportive community. Key benefits include:

- ✓ *Personalized Attention: Small group sizes allow for tailored programs.*
- ✓ *Focused Coaching: Coaches can provide individual guidance during workouts.*

1 session: \$30 per athlete

6 sessions: \$150 per athlete

12 sessions: \$270 per athlete

PERSONAL TRAINING

Ready to take your fitness to the next level? Personal training offers a tailored approach to your health and wellness goals, providing expert guidance, accountability, and motivation every step of the way.

Step One: Initial Evaluation

Assessment of movement and physical conditioning.

Step Two: Personalized Coaching

A coach creates a tailored training program based on your fitness level and health.

Step Three: Weekly Training Schedule

Collaborate with your coach to set a weekly workout plan.


Step Four: Progress Tracking

Monthly reports and updated plans to keep you on track towards your fitness goals.

6 sessions: \$330

12 sessions: \$580

JOIN NOW

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