

Performance Training (max 6 athletes)

8 sessions \$299.00 16 sessions \$549.00
24 sessions \$749.00 (includes testing)
3, 6 or 12 months unlimited \$199.00 (includes testing)

Team Training (min 8 athletes, max 12)

1 time a week \$175.00/session 2 times a week \$150.00/session
3 times a week \$125.00/session

Completely Active (ages 6-10) Youth Fitness (ages 11-17)

8 sessions \$149.00 16 sessions \$259.00
24 sessions \$349.00
3, 6 or 12 months unlimited \$99.00

Adult Fitness (max 10 athletes)

10 sessions \$199.00
20 sessions \$349.00
3, 6 or 12 months unlimited \$99.00

Single Session Pricing

Performance Training \$50.00
Team Training – per athlete \$30.00
Completely Active & Youth Fitness \$35.00
Adult Fitness \$30.00

Testing

Performance, Completely Active and Youth General Fitness \$50.00
Team Testing – per athlete \$10.00
Adult Testing \$25.00

Weight Management

Family – 4 max \$390.00 Individual \$250.00 Maintenance – Family – 4 max \$149.00
Maintenance – Individual \$99.00 Education Only – Family – 4 max \$250.00
Education Only – Individual \$150.00 Catz Sports Add-On \$100.00

Sports Nutrition

Group Class \$29.99
Individual Counseling – 3 sessions \$149.99

Back in the Game Program

\$75.00/session

Discounts

Sibling – 2 athletes 10% off each
Family – 3 or more athletes 25% off each
Military and City Employees – 20% off

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