



Sign up before Oct 1st  
**NO \$199** initiation fee!

### Youth Sport Performance Membership

- Includes**
- Unlimited classes
  - 5 days a week
  - Athletic Performance Testing
  - Free Cardio Xpress Membership
  - Recovery Center Membership Discount

**Pricing- Per Month**  
 M2M - \$199  
 6 Months - \$179  
 12 Months - \$129  
 Sibling Discount - \$69  
 Additional Siblings -\$25ea

### Recovery Center Membership

- Includes**
- Unlimited Access with Membership
  - Elevation Legs Recovery Boots
  - Hot and Cold Therapy Tubs
  - Foam Rollers, Therapy Balls and Bands

**Pricing- Per Month**  
 Individual M2M \$95  
 12 Month Membership \$69  
 Discount with any training membership \$59  
  
 10 session pass \$250

### Private (1-2) Small Group (3-4) Training

- Includes**  
 With purchase of 36 private sessions or more
- Free Cardio Xpress
  - Recovery Center Membership Discount
  - Adults - Fitness Assessment
  - Youth - Performance Testing

**Private (1-2)**  
 See chart below - sessions as low as \$52/ session

**Small Group (3-4)**  
 1 session \$90  
 5 sessions \$425  
 10 sessions \$800

\*Groups of 5-6- ask about pricing

### Adult Class Pass

- Includes**
- Attend any Adult Classes
  - Variety of Instructors
  - Fitness Assessment
  - Includes Sterling's Bootcamp

**Pricing- Per Pass**  
 10 classes - \$250  
 20 classes - \$400  
 \*30 classes-\$450  
 \*Cardio Express  
 \*Recovery Center Discount  
 \*3 payments of \$150 available

**Daily Rates**  
 Sport Performance Class \$25  
 Adult Fitness Class \$30  
 Recovery Center \$45  
 Cardio Xpress \$10  
 Individual Testing/Assessment \$35

**EXCLUSIVE  
 CARDIO XPRESS!  
 Only \$29/mo**

Private Bundle Training Rates					
Session	Price	Discount	Your Cost	3 Payments	Expiration
1	\$80		\$80		
12	\$840	5%	\$798		3 Months
24	\$1680	10%	\$1512	\$504	3 months
36	\$2520	15%	\$2150	\$716	6 Months
48	\$3360	20%	\$2688	\$896	6 Months
60	\$4200	25%	\$3150	\$1050	6 Months

•Call For information about Team Pricing and Schedules!