



### Private Training

**Includes**

- One on one training with our expert coaching staff
- Performance testing
- Sport specific training or general health/wellness coaching
- Allows athletes to focus on specific goals

**Pricing- Per Session  
(discounted when purchased in bulk)**

- 1 session: \$80
- 12 sessions: \$798
- 24 sessions: \$1512
- 36 sessions: \$2150
- 48 sessions: \$2688
- 60 sessions: \$3150
- \*Payment plans available

### Small Group and Team Training

**Includes**

- Free Cardio Xpress Membership
- Recovery Center Membership Discount

**Small Group (3-4)**

- 1 session \$90
- 5 sessions \$425
- 10 sessions \$800

**Groups of 5-6  
\$120/session**

\*Team Trainings: \$200/session

### 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

### Recovery Center Membership

**Includes**

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

**Pricing- Per Month**

- Individual month-to-month \$95
- 12 Month Membership \$69
- Discount with any membership or private bundle package \$59
- 10 session pass \$250

**Drop In Rates**

- Sports Performance Class \$25
- Adult Fitness Class \$30
- Recovery Center \$45
- Cardio Xpress \$10
- Individual Testing/Assessment \$35

## NEW Cardio Xpress FREE with any training purchase!

\*Ages 14 and over

•Call or visit our website for information about Team Pricing and Schedules!

(303)-779-3640

www.teamspeedco.com