

Winter 2025 (December 22 - March 13)

	Mon	Tue	Wed	Thu	Fri	
2:00 p.m.	1-on-1	1-on-1	1-on-1	1-on-1	1-on-1	2:00 p.m.
3:15 p.m.	1-on-1	1-on-1	1-on-1	1-on-1	1-on-1	3:15 p.m.
4:30 p.m.	Velocity Vault	Peak Power	Velocity Vault	Peak Power	1-on-1	4:30 p.m.
5:45 p.m.	Savage Strength	Peak Power	Savage Strength	Peak Power	New Athlete Orientation	
7:00 p.m.	1-on-1	1-on-1	1-on-1	1-on-1		

Individual (1-on-1)			
Package	Frequency	\$/Session	Total \$
1	1 Session	\$60	\$60
8-Pack	2x/Week 1 Month	\$55	\$440
12-Pack	3x/Week 1 Month	\$50	\$600
24-Pack	2x/Week 3 Months	\$45	\$1,080
36-Pack	3x/Week 3 Months	\$40	\$1,440

Small-Group			
Package	Frequency	\$/Session	Total \$
1 (Drop-In)	1 Session	\$30	\$30
Velocity Vault #1	12 Sessions 1x/wk --> 3 Months	\$25	\$300
Velocity Vault #2	24 Sessions 2x/wk --> 3 Months	\$22.50	\$540
Savage Strength #1	12 Sessions 1x/wk --> 3 Months	\$25	\$300
Savage Strength #2	24 Sessions 2x/wk --> 3 Months	\$22.50	\$540
Peak Power #1	12 Sessions 1x/wk --> 3 Months	\$25	\$300
Peak Power #2	24 Sessions 2x/wk --> 3 Months	\$22.50	\$540
Unlimited	Up to 48 Sessions 3 Months	\$20	\$960