

# Sports Performance

## Spring 2026

\*\*\* Schedule Below \*\*\*

### **25% Discount**

Discharged Riverside Physical Therapy Patients  
Riverside Health Employees  
Multi-Sibling Families

<b>Small-Group</b>			
<b>Package</b>	<b>Frequency</b>	<b>\$/Session</b>	<b>Total</b>
1 (Drop-In)	1 Session	\$30	\$30
Velocity Vault #1	10 Sessions 1x/week	\$25	\$250
Velocity Vault #2	20 Sessions 2x/week	\$22.50	\$450
Savage Strength #1	10 Sessions 1x/week	\$25	\$250
Savage Strength #2	20 Sessions 2x/week	\$22.50	\$450
Peak Power #1	10 Sessions 1x/week	\$25	\$250
Peak Power #2	20 Sessions 2x/week	\$22.50	\$450
Unlimited	Unlimited	\$15	\$600

**25% Discount**

Discharged Riverside Physical Therapy Patients  
Riverside Health Employees  
Multi-Sibling Families

<b>1-on-1</b>		
<b>Package</b>	<b>\$/Session</b>	<b>Total</b>
1	\$60	\$60
8-Pack	\$55	\$440
12-Pack	\$50	\$600
24-Pack	\$45	\$1,080
36-Pack	\$40	\$1,440

\*\*\* 10-Week Program \*\*\*

## Spring 2026 (April 13 - June 19)

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	
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	Open	4:30 p.m.
5:45 p.m.	Savage Strength	Peak Power	Savage Strength	Peak Power	New Athlete	5:45 p.m.
7:00 p.m.	Open	Open	Open	Open	Orientation	7:00 p.m.