



PRIVATE TRAINING

1 client per session

1+ Sessions: \$110.00 / session

10+ Sessions: \$100.00 / session

Subscriptions: **\$90.00** / session

Choose between 1 - 5 sessions per week

SEMI-PRIVATE TRAINING

Up to 3 clients per session

1+ Sessions: \$80.00 / session

10+ Sessions: \$70.00 / session

Subscriptions: **\$60.00** / session

Choose between 1 - 5 sessions per week

Cost above reflect price for each client

Subscription payments renew once sessions are used or expire.

Unused sessions expire after 90 days

Minimum 3 payment commitment for subscriptions

MORE SESSION INFORMATION

Ages 10 and Up

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- Private Training Sessions are 1 client exclusive with your kinesiologist. Semi-Private Training Sessions are up to 3 clients in a session.
 - Subscriptions for consistency or packages for variability.
 - Sessions are client-specific. We have no cookie cutter format, we program for the client based on sport demands, history, limitations, goals, etc. 4 week phases change with progression.
 - Sport-specific testing is completed initially and every 12-24 weeks to track changes overall and guide further programming, Includes data driven testing protocols for strength, power, speed, mobility, energy systems and more.
 - Clients record the details of their sessions in individual log books to ensure progress, consistency & accuracy throughout the program.
 - Program planned around competitions, practices, tournaments, life, and more. We take all aspects of the client into account when planning.
 - You will partake in body composition analysis through our In-Body technology. This will show baseline and track progress for: *Total Muscle Mass / Total Fat Mass / Segmental Analysis / % Differential Over Time*
 - Optimal Frequency:
 - 10 - 13 yrs: 2 - 3 Sessions / week
 - 14 - 16 yrs: 3 - 4 Sessions / week
 - 17+ yrs: 3 - 5 Sessions / week