



SUMMER SCHEDULE 2011

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9-10a										
10-11a	P 2	S 1	P 2	S 1	P 2	S 1	P 2	S 1	P 2	S 1
11-12a	P 1	S 2	P 1	S 2	P 1	S 2	P 1	S 2	P 1	S 2
12-1p	Tornado Training		Tornado Training		Tornado Training		Tornado Training		Tornado Training	
1-2p										
2-3p										
3-4p	P 1		P 2		P 1		P 2		P 1 & 2	
4-5p	S 2		S 1		S 2		S 1		S 1 & 2	
5-6p	12U		12U		12U		12U			
6-7p	Tornado Training		Tornado Training		Tornado Training		Tornado Training			
7-8p	P 2	S 1	P 2	S 1	P 2	S 1	P 2	S 1		
8-9p	P 1	S 2	P 1	S 2	P 1	S 2	P 1	S 2		

- P 1** = Power training for beginner athletes focusing on strength and power.
- P 2** = Power training for advanced athletes focusing on strength and power.
- S 1** = Speed training for beginner athletes focusing on speed and conditioning.
- S 2** = Speed training for ages 16 and up focusing on speed and conditioning.
- 12U** = For ages 12U building the foundation of athletics.
- Tornado Training** = Ultimate fitness training for adults.

ALSO: "BUILD YOUR OWN" Performance Packages

Make a program and schedule that works for you!

Ask about our Training Consultation.



CONSULTING AND START-UP FEES					
Type	Sessions	Cost	Time	Package Discounts	Package Cost
Training Consultation	1	\$65.00	Scheduled	\$15 ea	\$199 for all 4
1v1 Personal Assessment	1	\$65.00	Scheduled		
MB Training Initiation (Required for all new athletes)	1	\$65.00	Scheduled		
MB Lifting Initiation (Required for all new Power Clinic athletes)	1	\$65.00	Scheduled		
Teams	Call for Details				

SPORTS PERFORMANCE PACKAGE FEES										
Type	Sessions	Cost	Cost Per Session	4x/Week	3x/Week	2x/Week	Savings	Package Discounts	Package Cost	Expiration
P	12	\$299.00	\$24.91	3 wks	4 wks	6 wks	xxx	\$20.00	\$418.00	7 wks
S	12	\$149.00	\$12.41	3 wks	4 wks	6 wks	xxx	\$10.00		7 wks
P	24	\$575.00	\$23.90	6 wks	8 wks	12 wks	\$23.00	\$30.00	\$805.00	13 wks
S	24	\$275.00	\$11.45	6 wks	8 wks	12 wks	\$23.00	\$15.00		13 wks
P	36	\$839.00	\$23.05	9 wks	12 wks	18 wks	\$57.00	\$25.00	\$1,134.00	19 wks
S	36	\$399.00	\$11.08	9 wks	12 wks	18 wks	\$47.00	\$15.00		19 wks
P	48	\$1,099.00	\$22.89	12 wks	16 wks	24 wks	\$97.00	\$40.00	\$1,559.00	26 wks
S	48	\$525.00	\$10.93	12 wks	16 wks	24 wks	\$71.00	\$25.00		26 wks
Accelerator Package	P 36	\$999.00	Program Length = 12 weeks (P = 3 Days/Week S = 2 Days/Week)				\$114.00	xxx	xxx	13 wks
	S 24									
Maximize Package	P 48	\$1,249.00	Program Length = 12 weeks (P = 4 Days/Week S = 2 Days/Week)				\$125.00	xxx	xxx	13 wks
	S 24									

FITNESS SESSIONS PACKAGE FEE									
Type	Sessions	Cost	Cost Per Session	3x/Wk	4x/Wk	Savings	Package Discounts	Package Cost	Expiration
Tornado Training	12	\$199.00	\$16.58	4 wks	3 wks	xxx	\$10.00	XXXX	7 wks
	24	\$325.00	\$13.54	8 wks	6 wks	\$25.00	\$15.00	XXXX	13 wks
	36	\$449.00	\$12.47	12 wks	9 wks	\$50.00	\$20.00	XXXX	19 wks
1v1 Personal	1	\$75.00	xxx	xxx	xxx	xxx	xxx	xxx	2 wks
1v1 Personal	12	\$780.00	\$65.00	4 wks	3 wks	\$100.00	xxx	xxx	12 wks
Semi-Private Minimum of 3	1	\$40.00	\$40.00	xxx	xxx	xxx	xxx	xxx	2 wks
Semi-Private Minimum of 3	12	\$449.00	\$37.41	4 wks	3 wks	\$31.00	\$30.00	xxx	12 wks
Semi-Private Minimum of 3	24	\$825.00	\$34.37	8 wks	6 wks	\$135.00	\$30.00	xxx	24 wks