



Youth Sport Performance Membership

- Includes**
- Unlimited classes
 - 5 days a week
 - Athletic Performance Testing
 - Free Cardio Xpress Membership
 - Recovery Center Membership Discount

Pricing- Per Month
 M2M - \$199
 6 Months - \$179
 12 Months - \$129
 Sibling Discount - \$69
 Additional Siblings -\$25ea

Recovery Center Membership

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

Pricing- Per Month
 Individual M2M \$95
 12 Month Membership \$69
 Discount with any training membership \$59

 10 session pass \$250

Private (1-2) Small Group (3-4) Training

- Includes**
 With purchase of 36 private sessions or more
- Free Cardio Xpress
 - Recovery Center Membership Discount
 - Adults - Fitness Assessment
 - Youth - Performance Testing

Private (1-2)
 See chart below - sessions as low as \$52/ session

Small Group (3-4)
 1 session \$90
 5 sessions \$425
 10 sessions \$800

*Groups of 5-6- ask about pricing

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

Daily Rates
 Sport Performance Class \$25
 Adult Fitness Class \$30
 Recovery Center \$45
 Cardio Xpress \$10
 Individual Testing/Assessment \$35



Private Bundle Training Rates					
Session	Price	Discount	Your Cost	3 Payments	Expiration
1	\$80		\$80		
12	\$840	5%	\$798		3 Months
24	\$1680	10%	\$1512	\$504	3 months
36	\$2520	15%	\$2150	\$716	6 Months
48	\$3360	20%	\$2688	\$896	6 Months
60	\$4200	25%	\$3150	\$1050	6 Months

•Call For information about Team Pricing and Schedules!