



## 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 membership or private bundle package \$59  
10 session pass \$250

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

### Includes

- Free Cardio Xpress Membership
- 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

**EXCLUSIVE  
CARDIO XPRESS!  
Only \$29/mo**

## 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!

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