

POWER Performance Systems Training Packages

60-minute Group Performance Training (age 6-9 only)		
<small>(includes 30 minute speed, reaction, quickness and 30 min strength, core, and plyometrics)</small>		
1-session		23/session
10-sessions		200
Monthly	(2 trainings per week)	150/month

90-minute Group Performance Training (age 10+)		
<small>(includes 45 minute speed, reaction, quickness and 45 min strength, core, and plyometrics)</small>		
1-session		26/session
10-sessions		230
Monthly	(unlimited trainings per week)	300/month
Monthly	(3 trainings per week)	250/month
Monthly	(2 trainings per week)	180/month

The Performance Training Packages are designed to develop the youth and professional athlete physically and mentally. Because the program design is based on progression, the athlete will gain self confidence, discipline, motor skill development, flexibility, strength, power, quickness and speed. Moreover, POWER Performance designed programs directly train the supportive muscles of the joint in order to reduce the risk of overuse injuries, as well as, prevent some impact or acute style injuries. All Performance Training packages need to be scheduled as an appointment and require a "call to cancel" policy to avoid "no call/no show" fees.

60-minute Individual Performance Training		
<small>(includes 30 minute speed, reaction, quickness and 30 min strength, core, and plyometrics)</small>		
1-session	35/session	45/session
10-sessions	30/session	40/session
	Certified Trainer	CSCS Trainer

90-minute Individual Performance Training		
<small>(includes 45 minute speed, reaction, quickness and 45 min strength, core, and plyometrics)</small>		
1-session	50/session	60/session
10-sessions	45/session	55/session
	Certified Trainer	CSCS Trainer

Other Services

Team Performance Training	
At POWER	120/session
On Location	150/session
sessions are 60-90 minutes	
add 5 per additional athlete after 10	

Group Adult Fitness Training	
Pay-Per-Training	20
2 Times Per Week	130/month
3 Times Per Week	180/month
Includes program, testing, and Certified Trainer	

Gym Membership	
Individual	100/month
Family	70/person
<small>Includes monthly customized program with testing</small>	
train on your own 35/month	
single visit 8/visit	

All training require an appointment and cancellation notices must be received before the training time to avoid cancellation fees. Fees are as follows: individual sessions will be charged a session, monthly packages will be charged \$15 per incidence. No refunds are given but account transfers are available with approval from management. Prices subject to change at anytime. To schedule an appointment or receive information, contact, Nate Fugitt 614.306.5497.