



400 Boston Post Rd, Orange, CT 06477

203-799-3343

info@cespeed.com

PROGRAM OPTIONS & RATES (effective 6/25/21)

PRIVATE TRAINING (1:1 coach to client ratio)

- **Description:** Private one hour training session tailored to the specific needs and goals of each client. Evaluation and testing included in the first session.
- **Fees:** 1 session at \$106
 - 5 sessions at \$505 (\$101 per session; savings of \$25)
 - 10 sessions at \$930 (\$93 per session; savings of \$130)
 - 15 sessions at \$1,355 (\$90 per session; savings of \$235)
 - 20 sessions at \$1,744 (\$87 per session; savings of \$376)
 - 30 sessions at \$2,400 (\$80 per session; savings of \$780)

SEMI-PRIVATE TRAINING (1:6 coach to client ratio maximum)

- **Description:** After 2 private sessions (1 for evaluation and 1 for instruction), clients will train in a small group environment while receiving an *individualized* program based on their needs and goals. A coach will instruct and address questions related to each client's program. ***Clients will have access to a web based training app used for tracking data and measuring progress.***
- **Fees:** 1x/week for 4 wks at \$150
 - 2x/week for 4 wks at \$275
 - 3x/week for 4 wks at \$375

ADULT GROUP TRAINING (1:12 coach to client ratio)

- **Description:** High-intensity interval training (HIIT) class- dynamic stretching, strength training, and conditioning. Exercise modifications for different fitness levels. Every Tuesday at 6pm and Saturday at 8am.
- **Fees:** 1x/week per 8 weeks at \$99
 - 2x/week per 8 weeks at \$199

TEAM TRAINING:

- **Description:** Sport-specific training for pre-season preparation or in-season maintenance. Flexible days, times and programming options for all sports.
- **Fees:** Call for pricing.

FAMILY TRAINING (1:2 coach to client ratio)

- **Description:** Same great private training for siblings at a discounted price.
- **Fees:** \$135 per session

Follow us on **Facebook** at Jim Ronai's Competitive Edge - Sports Performance Training and on **Instagram** at @ce_speed
www.cespeed.com