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PROGRAM OPTIONS & RATES (effective 1/1/2024)

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 \$120
 - 5 sessions at \$575 (*\$115 per session; savings of \$25*)
 - 10 sessions at \$1100 (*\$110 per session; savings of \$100*)
 - 15 sessions at \$1,575 (*\$105 per session; savings of \$225*)
 - 20 sessions at \$2000 (*\$100 per session; savings of \$400*)
- **30 minute private sessions available:** \$65 per session

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

- **Description:** After 2 private ½ hour sessions (1 for evaluation, 1 for program instruction), clients will train in a small group environment while receiving an *individualized* program based on their needs and goals. ***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 (*\$37.50 per session*)
 - 2x/week for 4 wks at \$280 (*\$35 per session*)
 - 3x/week for 4 wks at \$375 (*\$31.25 per session*)

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 \$125
 - 2x/week per 8 weeks at \$225

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 families at a discounted price.
- **Fees:** \$145 per session

Follow us on Facebook at Jim Ronai's Competitive Edge - Sports Performance Training and on Instagram at @ce_speed1

www.cespeed.com