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PROGRAM OPTIONS & RATES

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 \$117
 - 5 sessions at \$555 (\$111 per session; savings of \$30)
 - 10 sessions at \$1020 (\$102 per session; savings of \$150)
 - 15 sessions at \$1485 (\$99 per session; savings of \$270)
 - 20 sessions at \$1920 (\$96 per session; savings of \$420)
 - 30 sessions at \$2640 (\$88 per session; savings of \$870)

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 weeks at \$150
 - 2x/week for 4 weeks at \$275
 - 3x/week for 4 weeks 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 \$110
 - 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 siblings 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