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PROGRAM OPTIONS & RATES (effective 1/1/2024, tax included)

PRIVATE TRAINING (1:1 coach to client ratio) 1 hour sessions

- **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 $125
  - 5 sessions at $600 *($120 per session; savings of $25)*
  - 10 sessions at $1150 *($115 per session; savings of $100)*
  - 15 sessions at $1,650 *($110 per session; savings of $225)*
  - 20 sessions at $2100 *($105 per session; savings of $400)*
  - 30 sessions at $3000 *($100 per session; savings of $750)*
- **30 minute private sessions available:** $70 *per session*

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

- **Description:** After 2 private 1 hour sessions (1 for evaluation, 1 for program instruction for $199), 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 $155 *($38.75 per 1 hour session)*
  - 2x/week for 4 wks at $290 *($36.25 per 1 hour session)*
  - 3x/week for 4 wks at $390 *($32.50 per 1 hour 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 $240

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