Velocity
Sports Performance℠

Programs & Pricing

Performance Training

During an intense training session, athletes focus on: flexibility, injury prevention, core strength, explosive strength, speed development and movement mechanics. Velocity Sports Performance's proven, curriculum-based training program, conducted in small groups by our certified and degreed coaching staff will maximize your athlete's speed, power and agility. For optimal gains in performance and fitness, it is recommended that athletes train 2-3 times week.

Packages	Initial Payment	Monthly Payment
Premier Performance Training Program Best Value! Best Results! 1 year commitment with low monthly payments •Personalized program development •Unlimited small group training and quarterly private sessions •Periodic performance evaluations and progress conferences	**$599**	**$149**
Preferred Athlete Program Initial 3-month commitment •Unlimited Training for one low, monthly price •Initial performance evaluation and goal setting conference	**$599**	**$189**
Limited Athlete Training Program •10 training sessions that expire in 3 months ($299) -OR- •Unlimited month of training ($250)	**$250 - $299**	

Benefits of Premier and Preferred Programs

- Pre- and Progress performance testing to ensure growth and progress
- Goal Setting and progress conferences with performance coach
- Low monthly price and unlimited training allows maximum progress during off-season and flexibility in-season.
- Private training sessions included (Premier only) and additional private sessions available at a discount.

*Premier Program requires 12 months of consecutive billing. Preferred Program renews automatically in the 4th month but can be cancelled after the 3rd month with written notice in advance of the billing date.
*Credit card required for Premier, Preferred and Limited Monthly programs. On-going monthly payments are made via credit card or ACH (bank draft) only.
*Limited session packages expire in 3 months but can be extended for a fee of $29 per month.

COMBINE 360 IMG

For franchising information, visit: www.ownavelocity.com