

SPORTS PERFORMANCE & YOUTH CLASSES

(PACKAGES BASED ON 12 WEEKS & PAID PRIOR TO 1st SESSION)

FREE - Introduction/Assessment - SESSION



SPORTS PERFORMANCE

PACKAGE	INSTALLMENT (x3)	SESSIONS	EACH	TOTAL
48 Sessions	\$400.00	5x Week	\$25.00	\$1,200.00
36 Sessions	\$360.00	3x Week	\$30.00	\$1,080.00
24 Sessions	\$280.00	2x Week	\$35.00	\$ 840.00
12 Sessions	\$160.00	1x Week	\$40.00	\$ 480.00
WALK IN	\$ 45.00	1 Session	\$45.00	\$ 45.00

JR HIGH & KIDS CLASSES

PACKAGE	INSTALLMENT (x3)	SESSIONS	EACH	TOTAL
20 Sessions	N/A	3x Week	\$20.00	\$ 400.00
12 Sessions	N/A	2x Week	\$22.50	\$ 270.00
6 Sessions	N/A	1x Week	\$25.00	\$ 150.00
WALK IN	\$ 30.00	1 Session	\$30.00	\$ 30.00

SUMMER INSTALLMENTS PAID BY: 11/25, 12/23 & 1/27

OPERATIONS FEE: \$20. – 1x Seasonal Fee for Everyone
NOW ACCEPTING CREDIT CARDS

Volleyball
Football
Soccer
Softball
Basketball
Skiing
Lacrosse



In-Season
Off-Season
Pre-Season
Club Season
Rec Season
No Season
GE SEASON!

For the past 14 years our strength & conditioning program has successfully developed student athletes. We teach our young athletes how to properly prepare mentally & physically to improve their performance in sport & life through our structured program. Commitment to the Good Energy Training program increases confidence, develops a positive attitude and a winning spirit.

HARD WORK – PAYS OFF!

Call Today to Learn More about our Program: 201-760-9900