



Maintenance Sessions for all sports

Athletes that have completed the Acceleration program and need to **MAINTAIN** what they have developed OR don't have time to complete a speed pass can purchase the packages below. These sessions can be scheduled once or twice a week. Group discounts apply.

INDIVIDUAL AND GROUP PACKAGES:

| <u>Number of athletes</u> | <u>6-session</u> | <u>12-session</u> | <u>18- sessions</u> |
|---------------------------|------------------|-------------------|---------------------|
| 1 athlete = | \$175 | \$325 | \$450 |
| 2 athletes = | \$170 | \$315 | \$435 |
| 3 athletes = | \$165 | \$305 | \$420 |
| 4 athletes = | \$160 | \$295 | \$405 |
| 5 athletes = | \$155 | \$285 | \$390 |
| 6 athletes = | \$150 | \$275 | \$375 |

- Sessions can be used for Skating treadmill, Running treadmill, or plyometrics

All training sessions must be schedule a day in advance.

**** Sessions will expire 6 months from the first scheduled training session!**

For more information and to schedule your treadmill sessions

Call (651) 486-0020

We look forward to working with you!

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