



## Training Rates

Private Training:  
\$65/hr session

Semi-private: (2-6 athletes)  
\$50 ea/hr session

Group Rate: (7-12 athletes)  
\$40 ea/hr session

Team rates available upon request!

Accelerate Sports Performance  
Speed. Agility. Power. Plyometrics. Injury prevention.  
Conditioning. Recovery.

***Accelerate*** your game!

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