

Dryland Sport Team Training

The dryland training program is designed to increase sport performance, strength and reduce injury. This is achieved through the following dryland training tools: speed, agility, quickness, reaction drills, multi-joint power and strength, core development, anaerobic/aerobic conditioning and more. In season workouts are scheduled around the team's practice and game schedule.

Minimum of 10 players.

..... **\$15/player**

Program Design

Want a program to do on your own? We will design a program to fit your exercise experience and fitness goals.

4 week program **\$38**

12 week program **\$100**

Group Classes

Please ask us about upcoming scheduled classes.

..... **\$10/class**

All sessions include nutritional guidance, weight, body fat and girth measurements, filtered water and towels.

Lockers can be rented for 3 months at a time for \$36.

Massage

Help relieve stress, muscle pain, treat and prevent injuries and more with a deep tissue/therapeutic massage from our registered massage therapist.

Pro-Fitness clients receive a special discounted rate on all massages.



Pro-fitness

T R A I N I N G

12 Session Personal Training Package

Pro-fitness' most popular package is guaranteed to make your body more functional and fit. Our nationally certified trainers will guide you through progressive training sessions consisting of full body strength, balance, stability, agility, core development, aerobic and anaerobic conditioning, flexibility, and more.

These 1 hour and 30 minute sessions will improve your body to meet the stresses of daily life, increase overall fitness levels and meet your athletic goals.

3 sessions per week is recommended.

..... \$265

Unlimited Monthly Training

The unlimited monthly training package allows you to train with one of our trainers as many times as you like within a 4 week period. This is a very intense program and is recommended for athletes and those with previous exercise experience.

Training parameters are the same as the 12 session package.

..... \$350/month

Single In-Gym Session

..... \$30

One on One In-Gym Personal Training

..... \$70/hour