

DANGER AND ATHLETE'S PACKAGE

THIS PACKAGE IS DESIGNED FOR CURRENT OR FORMER ATHLETES WHO WANT TO:

Work out their brains as well as their bodies.

Build great body awareness.

Want to cross-train to help prevent injury.

THIS PACKAGE IS PERFECT FOR CURRENT OR FORMER ATHLETES WHO:

Are recovering from an injury.

Feel "something," known or unknown, is missing or out of place.

Are patient and persistent people who care more about long-term and long lasting results.

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THIS PACKAGE INCLUDES:

1 90-Minute Consultation (valued at \$160):

In this hour and a half consultation we go over, in great detail, your goals, concerns and any specific gains. We also do a full alignment assessment and come up with a plan for your group class schedule.

2 Private Classes, each 60 min long (valued at \$180).

In these hour-long privates we will do some of the exercises, including core work, that you would do in the group classes as well as any additional exercises we discussed in your consultation. You also get the detailed attention helpful to starting to find new muscles for new muscles development.

6 group classes, each 60 min long (valued at \$120):

Continued growth and individualized attention. Camaraderie based. Pain and gain with others! Practice time with feedback. Get to hear other people's corrections. Energized environment. You will be able to continue what was worked on in the private setting with continued individualized attention in a fun community setting that is encouraging!

Personalized Plan for Long-Term Growth (valued at \$120):

3 core areas of needed improvement with two to three long-term goals in mind.

8 Stretch Videos (valued at \$80):

A video of a stretch each week for you to add to your own stretch routine.

30-min consultation at the end of the 8-weeks. (valued at \$40):

Access progress and a plan, either at home or in class, for continued improvement.

Total Package Value: \$700

Total Package Cost: \$550

PRICING AND PAYMENT:

Total Package Value: \$700

Total Investment: \$550

Reduced
Price for
Covid 19 &
Virtual Training
Only!

Pay In-Full Bonus (valued \$30-\$50):

One (1) set of Therabands, or a small or big exercise ball if paid in full.

Payment options:

Pay in full:

\$75 deposit and \$475 due within two weeks of deposit.

Payment plan:

\$50 deposit and \$125 on weeks 1, 3, 5 and 7 of the program.

Package is for 8 weeks of Mat Pilates and/or Stretching, depending on your need, which is decided on during your consultation. Unless specified and agreed to upfront, all sessions must be used within 12 weeks of first private session.