



We offer a complimentary walkthrough of our equipment for any interested member.

Personal training is billed separately from a gym membership. Training can be in addition to or in place of a regular membership. If you want gym access to use on your own time, you would need a gym membership.

PERSONAL TRAINING PACKAGES

\$150 / 4 sessions

\$200 / 8 sessions

\$250 / 12 sessions

\$300 / 16 sessions

Each package covers a 4 week period. They include a personal assessment, a workout plan based on your needs, semi-private training, and dietary advice.

PERFORMANCE TRAINING PACKAGES

\$225 / 8 sessions

\$275 / 12 sessions

\$325 / 16 sessions

These are performance-driven packages that are personalized to train you for your specific sport or event. Each package covers a 4 week period. They include a personal assessment, a workout plan based on your needs, semi-private training, and dietary advice.

BASKETBALL SKILLS SESSIONS

\$25 / session

Each session is 30 minutes long. They include a quick warm-up and skill work based on your needs (ball handling, form shooting, etc.).