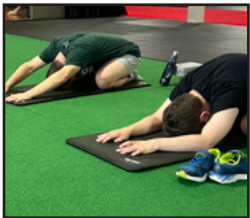


Class Offerings



● **FUNDAMENTALS** • 45 Minutes

Our core training offering which focuses on a variety of foundational components, such as strength, power development, coordination, mobility, skill transfer, and games. Utilizing stations, athletes rotate through exercises that are designed to transfer over to activities of daily living, all in a fun and encouraging atmosphere.



● **RISE & FLOW** • 45 Minutes

These sessions focus on yoga, somatic practices, mindfulness, and calming techniques. Practices learned in Rise & Flow are created for a neurodiverse population and meant to assist with coping skills and how to respond to stress, tension, worry, anxiety and depression. Yoga poses and somatic movement helps support rest, relaxation, digestion supports, and mobility.



● **AMPLIFIED** • 45 Minutes

Built on the foundational movements that comprise our Fundamentals class, athletes who attend Amplified will also be introduced to more complex movements with a fun mix of higher-intensity interval training elements.

**Contact us prior to booking a class with Amplified.*



● **SPECIAL PROGRAMMING**

This block of time is dedicated to working with our partner organizations and their clients. We also have opened this time for personal training sessions, which are either one-on-one or semi-private group training.



We will always work to ensure athletes have as many opportunities to train as possible, there will be occasions where our schedule will be modified. Please make sure to always review emails regarding the calendar and pick up a printed copy in person.



MEMBERSHIP OPTIONS

Below are membership and drop-in options that will be available at our new location. If you currently have credits that have not expired, you may still use those. Once expired or used, please select one of the membership options from within our mobile app.



4x/MONTH

Access to **four** Fundamentals, Amplified, and/or Rise & Flow classes each month.

\$115/Month¹
Automatic renewal



8x/MONTH

Access to **eight** Fundamentals, Amplified, and/or Rise & Flow classes each month.

\$165/Month¹
Automatic renewal



UNLIMITED

Access to **unlimited** Fundamentals, Amplified, and/or Rise & Flow classes every month.

\$190/Month¹
Automatic renewal



ONE-ON-ONE

Personalized training in a **single** one-on-one session.

\$75/Session
Does not auto-renew



ONE-ON-ONE

Personalized training in a one-on-one session **four** times each month.

\$275/4 Sessions
Does not auto-renew



DROP-IN

Access to **one** Fundamentals, Amplified, and/or Rise & Flow classes each month.

\$35 Per Class³
Does not auto-renew

Unlimited Annual memberships are available for \$2,150 which will automatically renew every year. Annual unlimited memberships include access to all Fundamentals, Amplified, and/or Rise & Flow.

¹ Memberships are month-to-month with no annual requirement or cancellation fee.

² Membership is renewed annually. 30 day written notice is required prior to cancellation.

³ This fee does not auto-renew and is only paid per class. Purchasing drop-in credits does not guarantee class availability.