



Velocity Sports Performance offers training programs for anyone and everyone, regardless of age, gender, skill level or athletic or fitness goals. Our core programs are designed for youth, middle school, high school, and elite athletes, as well as adults and teams. Personal training ensures maximum one-on-one attention for your fitness needs.

All of our coaches have a degree in Exercise Science and an expertise strength training, cardiovascular fitness and nutrition.



Single Session	Single Session		
<b>Single Session</b> • 60-minute sessions	<b>\$89</b>		
Packages	6 Sessions	12 Sessions	18 Sessions
<b>Paid In Full Packages – <i>Best Value!</i></b> • 60-minute sessions • Receive a <b>10%</b> off when you pay in full • Pay as low as \$53 per session	<b>\$426.60</b>	<b>\$745.20</b>	<b>\$955.80</b>
	<b>\$71.10/session</b>	<b>\$62.10/session</b>	<b>\$53.10/session</b>
<b>Payment Plan Packages</b> • 60-minute sessions • Plans must be paid for within 3 months • Pay as low as \$59 per session	<b>\$474.00</b>	<b>\$828.00</b>	<b>\$1,062.00</b>
	<b>\$79.00/session</b>	<b>\$69.00/session</b>	<b>\$59.00/session</b>

\* Pre-payment required for all Single Session and Packages. On-going payments for Payment Plan Packages are made via credit card/debit card or ACH (bank draft) on our auto payment billing system.