



At **CORE SPORT**, we are dedicated to helping you bridge the gap between where you are now, and where you want to be. Strength & Conditioning Coach Danny Misheck will create a personal training program for you based on your fitness, sport, and/or performance goals.

Strength & Conditioning for Athletes

These individualized programs are designed for athletes of all ages. Our **1:1 programming** is designed to help you reach your sport-specific and other fitness related goals for improved performance, increased strength, and injury prevention.

FIRST TIME CLIENTS

Introductory 3 Personal Training Sessions - \$120

Take that first step! Get acquainted with your coach, determine your fitness level, and build a plan to work toward your goals. **This pass is limited to 1 per person.*

8 SESSIONS

Investment \$640

Completion Goal: 4-8 weeks

12 SESSIONS

Investment \$936

Completion Goal: 6-12 weeks

16 SESSIONS

Investment \$1,200

Completion Goal: 5-16 weeks

MAINTENANCE PROGRAM

This package is available by recommendation only to clients who have completed one or more of the individualized training plans and are seeking a long-term commitment to strength and conditioning. This package is ideal for weekly 1:1 sessions with your coach, and includes home workouts to complete on your own in between sessions.

\$640 - 10 sessions

Single Training Session \$85

REMOTE TRAINING PROGRAMS

6 Week Series:

3 workouts/week - \$100

4 workouts/week - \$120

5 workouts/week - \$130

12 Week Series:

3 workouts/week - \$170

4 workouts/week - \$185

5 workouts/week - \$200