

Acceleration Program

This is a sport-specific program designed for all running-based sports. Athletes will utilize the Gen II Super Treadmill, Multi-Hip & Plyo-Press machines, functional strength and power circuit sessions, multi-directional and plyometric sessions.

We turn ANY athlete into a more EXPLOSIVE, more AGILE, more POWERFUL athlete. All of our programs are proven and patented with RESULTS that are visible.

Available session times are:

Monday - Friday

4:00pm, 5:00pm, 6:00pm, 7:00pm, & 8:00pm

All sessions are 60 minutes in length.

Limited to 24 participants per 60-minute session (6:1 athlete to trainer ratio)

Acceleration Package

(12) 60 Minute Sessions plus pre/post test **\$400.00**

Team Acceleration Package (10+ athletes)

(12) 60 Minute Sessions plus pre/post test **\$360.00**

Unlimited Access Package (can train up to 3x/week)

12 Month Contract **\$125.00/Month***

6 Month Contract **\$175.00/Month***

*must sign non-cancelable contract for automatic charge to credit card

To sign up or have questions:

518-371-1469

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