



# **GRAND SLAM STRENGTH**

## **Prices and Services**

[grandslamstrength@gmail.com](mailto:grandslamstrength@gmail.com)

### **PRIVATE GROUP TRAINING**

**1 Session Per Week: \$500/Month**

**2 Session Per Week: \$750/Month**

**3 Session Per Week: \$1000/Month**

\*Private group training is for pre-formed groups/teams interested in strength and conditioning services. Groups of athletes or adults are welcome. Group size limit of 10. Contact for scheduling.

### **PERSONAL TRAINING**

**\$75/Session**

\*Athletes or adults are welcome. Contact for scheduling.

### **PRIORITY PERFORMANCE TRAINING**

**\$150/Month**

\*Programming with priority access to Grand Slam Strength facility with on-floor coach and in-person check-ins. Membership included.

### **PROGRAMMING**

**\$100/Month**

\*Remote programming with weekly virtual check-ins and free in-person consultation.

### **MEMBERSHIP**

**\$25/Month**

\*Facility access when not in use by other programs. Availability subject to change at any time. A facility schedule will be provided upon purchase.