

NEW! 2023-24 PRICING SHEET

<u>PROGRAMS</u>	SINGLE	5 PK	10 PK
SPEED AND AGILITY	\$30	\$125	\$200
INTRO TO WEIGHTROOM (AGES 9-14 YO)	\$35	\$150	\$250

WEIGHTLIFTING 101 (AGES 15+ YO)	\$40	\$175	\$300
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SPEED/AGILITY/WEIGHTLIFTING \$450(15 SESSIONS)
PERSONAL TRAINING

	SINGLE	5PK	10PK	20PK
60 MINUTE SESSIONS	\$90	\$425	\$800	\$1500

SMALL GROUP TRAINING \$20 /PER ATHLETE/SESSION

(3-5 ATHLETES)

SPEAK WITH STAFF IN REGARD TO TEAM TRAINING RATES

(10+ ATHLETES)

FOR MORE INFORMATION CALL (516) 227-2373

WWW.PAPCSTRONG.COM

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<u>PROGRAMS</u>	SINGLE	2X/WK	3X/WK
QUIC FIT	\$30	\$160	\$185
	SINGLE	5PK	10PK
ACL BRIDGE PROGRAM (RETURN TO SPORT TRAINING)	\$50	\$225	\$400

	SINGLE RUN	10PK
ALTERER G (UP TO 60 MIN) (ANTI GRAVITY TREADMILL)	\$30	\$250

<u>OPEN GYM</u>	
MONTHLY	\$50
STUDENTS	\$30/MONTH
MILITARY/FIRST RESPONDERS	\$25/MONTH
DAY PASS	\$20

OPEN GYM REQUIRE CREDIT CARD ON FILE

FOR AUTOPAY

NO CONTRACTS / CANCEL ANYTIME

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