

NEW! 2023-24 PRICING SHEET

<u>PROGRAMS</u>	<u>SINGLE</u>	<u>10 PK</u>		
SPEED AND AGILITY	\$30	\$200		
INTRO TO WEIGHTROOM (AGES 9-14 YO)	\$35	\$250		
WEIGHTLIFTING 101 (AGES 15+ YO)	\$40	\$300		
	<u>PERSONAL TRAINING</u>			
	SINGLE	5PK	10PK	20PK
60 MINUTE SESSIONS	\$90	\$425	\$800	\$1500
	<u>GROUP TRAINING</u>			
	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

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<u>PROGRAMS</u>	SINGLE	3X/WK	3X/W RECOVERY
QUIC FIT	\$30	\$185	\$200
ACL BRIDGE PROGRAM (RETURN TO SPORT TRAINING)			
		<u>SINGLE</u>	<u>10PK</u>
SPEED AND AGILITY (GROUP)		\$35	\$250
WEIGHT TRAINING ONLY (GROUP)		\$40	\$300
SPEED AND WEIGHT TRAINING (GROUP)		\$60	\$500
1 ON 1 BRIDGE TRAINING		\$80	\$700
<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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