

NEW! 2023-24 PRICING SHEET

PROGRAMS

SPEED, AGILITY & LIFTING

SINGLE

\$30

10 PK

\$250

PERSONAL TRAINING

BACK TO SCHOOL SPECIAL

60 MINUTE SESSIONS

SINGLE

\$70

5PK

\$325

10PK

\$600

GROUP TRAINING

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	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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