

GET FAST INC – WILLOWBROOK

ATHLETE TRAINING PACKAGES

SILVER PACKAGE

\$745.00

PRE-TEST (\$35 per session)
12 RTM SESSIONS
8 PLYOMETRIC SESSIONS
POST-TEST

PLATINUM PACKAGE

\$1,560.00

PRE-TEST (\$30 per session)
12 RTM SESSIONS
10 PLYOMETRIC SESSIONS
8 RETROGRADE SESSIONS
20 WEIGHT LIFTING SESSIONS
POST-TEST

GOLD PACKAGE

\$1,050.00

PRE-TEST (\$33 per session)
12 RTM SESSIONS
10 PLYOMETRIC SESSIONS
8 RETROGRADE SESSIONS
POST-TEST

DIAMOND PACKAGE

\$2,165.00

PRE-TEST (\$35 per session)
12 TM SESSIONS
10 PLYOMETRIC SESSIONS
8 RETROGRADE SESSIONS
20 WEIGHT LIFTING SESSIONS
10 SPORT SPECIFIC SESSIONS
POST-TEST

UNLIMITED GROUP “ACCELERATION ONLY” TRAINING

\$110 PER WEEK – MINIMUM 6 WEEKS PURCHASED TO START

UNLIMITED GROUP “ACCELERATION & WEIGHTS” TRAINING

\$150 PER WEEK – MINIMUM 6 WEEKS PURCHASED TO START

ACCELERATION PRIVATE TRAINING PACKAGES:

10 ONE ON ONE (SPORT SPECIFIC) SESSIONS - \$750.00 (\$75 per session)

ACCELERATION TESTING - \$75 PER TEST

ACCELERATION GROUP TRAINING PACKAGES:

12 TM SESSIONS - \$480.00 (\$40 per session)

10 RETROGRADE SESSIONS - \$400.00 (\$40 per session)

10 WEIGHT LIFTING SESSIONS - \$350.00 (\$35 per session)

10 PLYOMETRIC SESSIONS - \$300.00 (\$30 per session)

*** PACKAGES HAVE AN EXPIRATION DATE. ***

*** UNLIMITED WEEKLY TRAINING EXPIRES AT THE END OF THE WEEK***

PLEASE ASK IF YOU HAVE ANY QUESTIONS