

SPORTS PERFORMANCE PACKAGES

Our overall objective is to give your athlete an edge over his or her competition by providing a systematic approach to developing strength, speed, agility, power, and injury prevention!

| | PLAYER | STARTER | ALL-STAR | MVP |
|--|---------------------------|---------------------------|---------------------------|---------------------------|
| 1 Month Membership | ✓ | ✓ | ✓ | ✓ |
| Performance Assessment | ✓ | ✓ | ✓ | ✓ |
| Customized Workout Plan | ✗ | ✓ | ✓ | ✓ |
| One-on-One Sessions | ✗ | ✗ | 1 | 3 |
| 30 Min Group Sessions | 6 | 8 | 12 | UNLIMITED |
| Weekly Progress Tracking | ✗ | ✗ | ✓ | ✓ |
| Monthly Progress Reports | ✗ | ✓ | ✓ | ✓ |
| FREE T-Shirt | ✓ | ✓ | ✓ | ✓ |
| Sign-up at the Front Desk of the GBC Wellness Center. All packages must be paid in full up-front . For more information, please make note of the information at the bottom of this sheet. | \$75 / \$100 | \$100 / \$125 | \$140 / \$160 | \$215 / \$250 |
| | Member Price / Non-Member | Member Price / Non-Member | Member Price / Non-Member | Member Price / Non-Member |

PERFORMANCE DIRECTOR



SCOTT HELD, CSCS

Educational and Professional Background:

- B.S. in Exercise Physiology from WVU
- Certified Strength & Conditioning Specialist

20+ years of experience in:

- Strength & Conditioning
- Personal & Team Training
- Health & Wellness
- Outpatient Physical Therapy



GROUP SESSION INFORMATION

Session Types:

1. Speed/Agility
2. Core/Flexibility
3. Explosion
4. Strength

A La Carte:

Individual sessions are just \$20 without a package!

For more information about our Performance Packages, visit our website, email, or call:
www.GreatBodyCompany.com • medfit@yahoo.com
 423-378-4111