



PERFORMANCE

Program Descriptions and Pricing



ADULT TRAINING

MVP Adult Training (ADT) is aimed at improving strength and movement qualities, while increasing the awareness of health and fitness - essential for maintaining an active lifestyle. Whether these goals are geared towards training for sport, taking the steps to look and feel better, or improve the quality of life, our performance coaches provide support in a professional, positive, and encouraging environment.

Approximately 50min.

Monthly Unlimited	Price
Per person	\$129
Per couple	\$189
Family (up to 5)	\$329
Session packages available	

PERSONAL PERFORMANCE TRAINING

MVP Personal Performance highlights one-on-one training. Our coaches are committed to enhancing strength, balance, stability, mobility, agility, and cardiovascular performance needs in a professional, positive, and encouraging environment.

**Detailed performance education, evaluation, tracking and nutritional overview included for all athletes age 15 and older.*

Approximately 50min.

4 Sessions	\$260
8 Sessions	\$480
12 Sessions	\$650

SMALL GROUP PERFORMANCE TRAINING

MVP Small Group Performance provides a focused and competitive training environment. Our performance coaches will work with each group to identify specific needs, targeted event preparation, and/or complete competitive development.

**Detailed performance education, evaluation, tracking and nutritional overview included for all athletes age 15 and older.*

****Pricing per group, not individual.***

Approximately 50min.

4 Sessions	\$220
8 Sessions	\$400
12 Sessions	\$540

TEAM PERFORMANCE TRAINING

MVP Team Performance tailors to specific sport need, targeted event preparation, and/or complete competitive development. Trainings may also target seasonal phasing (off-season, in-season, transition) in order to amplify sport related skills and abilities.

****Detailed performance education, evaluation, tracking and nutritional overview included.***

Approximately 75min.

10 Sessions	\$950
20 Sessions	\$1800