

At **CORE SPORT**, we are dedicated to helping you bridge the gap between where you are now, and where you want to be. Strength & Conditioning
Our coaches will create a personal training program for you based on your fitness, sport, and/or performance goals.

Personal Training for Athletes

FIRST TIME CLIENTS

Introductory

3 Personal Training Sessions - \$150

Take that first step! Get acquainted with your coach, determine your fitness level, and build a plan to work toward your goals.

**This pass is limited to 1 per person.*

These individualized programs are designed for athletes and fitness enthusiasts of all ages.

Our **1:1 programming** is designed to help you reach your sport-specific or other fitness related goals for improved performance, increased strength, and injury prevention.

10-PACK \$700

20-PACK \$1,280



CORE SPORT