



2022
PRICING & PACKAGES



A NOTE FROM RAY AND STACIE

Dear Parents and Athletes,

At Boost, we have always strived to provide youth athletes with high-quality, science-based athletic development programs. Since opening our first facility in 2016, we have tried to keep annual price increases at or below 3%.

Over the past 3 years, we have been faced with extenuating circumstances that include the following:

- COVID-19 pandemic
- Increases in labor costs
- Increases in supplier costs
- Historical rates of inflation

In addition, as Boost Training continues to grow and evolve we are looking to reorganize the format of training sessions to allow each athlete to get the most out of their time with coaches. Immediate changes going forward:

- Athletes will be organized into age groups
- Strength training will require onboarding to join
- Price increases for training
- Monthly auto-pay contracts debiting on the 1st of the month

The fact is we, as a business, are not immune to the times we're living in right now and will be implementing the changes listed above effective January 31, 2022. We appreciate the opportunity to be a part of your child's development.

With Gratitude,

Ray and Stacie Bass, and Boost Training Staff



PROGRAM FLOW

ALL-STARS AGES 5-6

1. Agility ladder proficiency
2. Jumping and landing mechanics
3. Intro to arm mechanics

BOOSTIES AGES 7-8

1. Intro to multi-directional plyometrics
2. Acceleration & deceleration mechanics
3. Proficient in arm mechanics

CHAMPIONS AGES 9-11

1. Movement specific plyometrics
2. High volume work
3. Linear, lateral, & multi-directional movement mechanics
4. Intro to resisted sprinting & movement
5. Accel - decel progression
6. Grade sheets

DOMINATORS AGES 11-13

1. Movement specific plyometrics
2. High volume work
3. Linear, lateral, & multi-directional movement mechanics
4. Resisted sprinting & movement
5. Accel - decel progression
6. Grade sheets

ELITE AGES 14-18

1. Advanced speed, movement, & plyometric concepts
2. Higher volume of advanced technical and resisted work
3. Camp & combine prep
4. Grade sheets



GYM POLICIES

New Policies

1. Athletes are organized into appropriate age groups.
2. Strength classes max of 9 athletes.
3. Speed classes max of 15 athletes.
4. Clients are on monthly auto-payments that debit the 1st of the month.
5. To cancel a monthly membership, we require a 10-day notice via text (951)532-4904 or email to admin@BoostTrainingSystems.com with parent name, athlete name, date of request.
6. Monthly memberships are only prorated for the following reasons:
 - a. Client's beginning month
 - b. Closed for holidays
 - c. Facility class cancellation or emergency

Policies that have not changed:

1. Programs are based on enrollment, not attendance.
2. Payments are due by the 1st of the month.
3. No refunds.
4. Annual registration fee \$15 per child OR \$25 per family.
5. One make-up class per child, per month.
6. Sibling discount \$5 per month on second and any subsequent memberships.
7. Classes must be early canceled at least 4 hours in advance by text (951)532-4904 or email (admin@BoostTrainingSystems.com)
8. Once a make-up class is scheduled, it cannot be rescheduled.



2022 WINTER & SPRING SCHEDULE (FEB - JUNE)

Time	Speed (Turf)	Strength (Weight-Room)
4:00 - 4:45 pm	All-Stars & Boosties	Champions
4:50 - 5:50 pm	Champions	Dominators
5:55 - 6:55 pm	Dominators	Dominators & Elite
7:00 - 8:00 pm	Elite	Dominators & Elite

Classes Monday-Friday

Check the online schedule for holiday closures.

See Program Flow chart for age group organization.



ALL-STARS & BOOSTIES PRICING AND PACKAGES

Package	Cost
Essential Speed	\$68 per month
Ultimate Speed	\$120 per month

Package Policies:

1. No drop-in option
2. **Speed classes are 45 minutes**
3. Essential = 1x/week
4. Ultimate = 2x/week
5. List price is based on 4-week billing cycles.
 - a. *The monthly cost may change based on the number of billing weeks and holidays.*



CHAMPIONS PRICING AND PACKAGES

Package	Speed	*Developmental Strength	Value Strength & Speed 5% Savings
Drop-in	\$24 one-time	N/A	N/A
Essential	\$84 per month	\$108 per month	\$182.40 per month
Ultimate	\$152 per month	\$200 per month	\$334.40 per month

Package Policies:

1. No drop-in option for strength
2. Essential = 1x/week
3. Ultimate = 2x/week
4. List price is based on 4-week billing cycles.

a. The monthly cost may change based on the number of billing weeks and holidays.

*Developmental Strength

Intro to functional strength for first-time lifters.



DOMINATORS & ELITE PRICING AND PACKAGES

Package	Speed	Strength	Value Strength & Speed 5% Savings	*Plus Strength, Speed, & Scoop 10% Savings
Drop-in	\$24 one-time	\$37 one-time	N/A	N/A
Essential	\$84 per month	\$136 per month	\$209 per month	N/A
Ultimate	\$152 per month	\$256 per month	\$387.60 per month	\$439.20 per month
Absolute	\$204 per month	\$360 per month	\$535.80 per month	\$600.10 per month

Package Policies:

- Essential = 1x/week
- Ultimate = 2x/week
- Absolute = 3x/week

- List price is based on 4-week billing cycles.
 - The monthly cost may change based on the number of billing weeks and holidays.
- ***Plus packages include Scoop Program + Free Nutrition Plan**



À LA CARTE PRICING AND PACKAGES

Training	Cost
Drop-in Speed	\$24 one-time
Drop-in Strength	\$37 one-time

Nutrition	Cost
Nutrition Plan	\$125 one-time
Nutrition Coaching <i>*3-month minimum</i>	\$95 per month

Scoop Program	Cost
2-Day Scoop	\$84 per month
3-Day Scoop	\$110.25 per month

Supplements	Cost
Vitargo Complex Carbohydrate	\$68.99 + tax
Thorne Whey Protein Isolate	\$53.55 + tax
Thorne Creatine	\$32.55 + tax
Thorne Amino Complex	\$44.10 + tax