



2022
PRICING & PACKAGES



PROGRAM FLOW

ALL-STARS AGES 5-7

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

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

CHAMPIONS AGES 8-10

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

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.

NEW

Monday-Thursday Schedule



**2022
SCHEDULE
(JUNE-DEC)**

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

Friday Schedule

Time	Speed (Turf)	Strength (Weight-Room)
4:00 - 5:00 pm	Champions	Dominators & Elite
5:05 - 6:05 pm	Dominators & Elite	Dominators & Elite

See Program Flow chart for age group organization.
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NEW



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**