



**2023**

**PRICING & PACKAGES**

**PRE-REGISTER FOR FREE TRIAL CLASS ONLINE: [HERE](#)**

# HOW TO SIGN-UP

1. Find your child's age group.
2. Pick your service: speed, strength, or both.
3. Pre-register online for free trial class using the class schedule [link](#).
4. Pick your package: Essential, Ultimate, or Absolute.
5. Pick your class times/days of the week.
6. Enroll month to month!

## AGE GROUPS

### CHAMPIONS

AGES 8-10

### DOMINATORS

AGES 11-13

### ELITE

AGES 14+

## PACKAGE OPTIONS

### ESSENTIAL

1x per week

### ULTIMATE

2x per week

### ABSOLUTE

3x per week

# DEC SCHEDULE

**MONDAYS - THURSDAYS**  
**11/27-12/23**

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

**FACILITY CLOSED**

**12/23/22 - 1/2/23**

**REOPEN**

**TUESDAY, 1/3/23**

ask about the   
**OVERTIME**  
**OFF-SEASON**  
PROGRAM 

# JAN SCHEDULE

**EFFECTIVE 1/3/23**  
**MONDAYS - THURSDAYS**

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

**FRIDAYS ONLY**

Time	Speed (Turf)	Strength (Weight-Room)
4:50 - 5:50 pm	Champions & Dominators	Dominators & Elite
5:55 - 6:55 pm	Dominators & Elite	Dominators & Elite

WWW.BOOSTTRAININGSYSTEMS.COM

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CORONA, CA 92878

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# PRICE LIST EFFECTIVE JAN 1, 2023

## AGE GROUPS

### 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

### 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

Package	Speed	Strength	VALUE Strength & Speed 5% Savings
Drop-in	\$26 one-time	\$37 one-time	N/A
Essential	\$92 per month	\$136 per month	\$216.60 per month
Ultimate	\$176 per month	\$256 per month	\$410.40 per month
Absolute	\$252 per month	\$360 per month	\$581.40 per month

## GYM POLICIES

- Programs are based on enrollment, not attendance.
- Members are on monthly auto-payments that debit on the 1st of the month.
- Payments are due by the 1st of the month.
- No refunds.
- List prices are based on 4-week billing cycles. Monthly dues may change.
- The annual registration fee is \$15 per athlete OR \$25 per family.
- One make-up class per child, per month.
- Classes must be early canceled at least 4 hours in advance by text (951)532-4904.
- Once a make-up class is scheduled, it cannot be rescheduled.
- Strength classes max of 9 athletes.
- Speed classes max of 15 athletes.
- *To cancel a monthly membership, we require a 10-day notice via text (951)532-4904 or email to [admin@BoostTrainingSystems.com](mailto:admin@BoostTrainingSystems.com) with parent name, athlete name, date of request.*
- Monthly memberships are only prorated for the following reasons:
  - Client's beginning month
  - Closed for holidays
  - Facility class cancellation or emergency
- Sibling discount \$5 per month on second and any subsequent memberships.

# 2023 OVERTIME AN OFF-SEASON EXPERIENCE



## WHAT IS OVERTIME?

Developing athletes since 2011, *OVERTIME* is a fun, competitive, off-season training experience for athletes preparing for an upcoming sports season. Created, designed, and programed by Coach Ray Bass, CSCS, *OVERTIME* gives your athlete exactly what they need to be stronger and faster in time for next season.

## 2023 SESSION DATES:

Session 1

January 9 - March 3

Session 2

March 13 - May 5

Session 3

May 15 - July 7



## PROGRAM INCLUDES:

- Strength Training
- Speed & Agility Training
- Plyometrics
- Vertimax Training
- Zybek Laser Performance Testing
- In-Body Composition Tracking
- Personalized Nutrition Plans
- Thorne Protein Supplements

## SAVE YOUR SPOT TODAY!

Spaces are limited to 9 athletes per session.

This program offering is for Boost's Dominators & Elite age groups, only.

8 week participation minimum.

Sign up by clicking here --> [boosttrainingsystems.com/2023overtime](https://boosttrainingsystems.com/2023overtime)

