



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

2023 SCHEDULE: [CLICK HERE FOR THE CURRENT CLASS SCHEDULE](#)

FACILITY CLOSED
12/23/22 -1/2/23
REOPEN
TUESDAY, 1/3/23

PRICE LIST EFFECTIVE JAN 1, 2023

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 with the parent name, athlete name, and 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 of \$5 per month on the 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 programmed by Coach Ray Bass, Certified Strength and Conditioning Specialists® (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

