



2023

PRICING & PACKAGES

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



1

SMALL GROUP STRENGTH & SPEED TRAINING

9-15 ATHLETES MAX PER CLASS

SEE PRICE LIST FOR GROUP TRAINING

2

FOR YOU GROUP TRAINING

FOR YOU & YOUR FRIENDS, 3-5 ATHLETES MAX

\$25 PER ATHLETE

3

1ON1 PRIVATE SESSION

60 MINUTE 1ON1 STRENGTH OR SPEED

\$80 PER SESSION

4

TEAM TRAINING

AT BOOST OR OFF-SITE SPEED TRAINING FOR TEAMS

\$250 *PER SESSION

5

NUTRITION SERVICES

PERSONALIZED NUTRITION PLAN FOR YOUR ATHLETE

\$125 PER PLAN

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](#)

SMALL GROUP TRAINING - PRICE LIST

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.



PRICE LIST

FOR YOU GROUP TRAINING

- For you & your friends, ONLY
- 3 athletes minimum
- 5 athletes max
- \$25 per athlete
- One payment processed per session
- BYO group sessions are booked on coach availability and require 24 hour cancelation notice

1ON1 PRIVATE TRAINING

- 1on1, 60 minute strength or speed session
- \$80 per hour
- 4-session purchase required
- 1on1 private sessions are booked on coach availability and require 24 hour cancelation notice.
- Sessions must be used within 6 months

TEAM TRAINING

- 60-minute speed session at BPC or at team location
- 60-minute strength session at BPC
- \$250 per team
- One payment processed per session
- 10% discount with the purchase of 4 sessions
- Sessions must be used within 6 months
- Team sessions are booked on coach availability and require 24 hour cancelation notice

NUTRITION SERVICES

- Includes complimentary In-Body Scan
- \$125 per plan
- Customized nutrition plan for your athlete based on your athlete's body and goals
- Includes intro nutrition seminar: *Eat Like an Athlete*