



2024

PRICING & PACKAGES

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



1

THE BOOST MEMBERSHIP

9-15 ATHLETES MAX PER CLASS

3-MONTH COMMITMENT

2

1ON1 PRIVATE SESSION

60 MINUTE 1ON1
STRENGTH OR SPEED

\$80 PER SESSION

3

TEAM TRAINING

AT BOOST OR OFF-SITE SPEED
TRAINING FOR TEAMS

\$200 PER SESSION

4

NUTRITION SERVICES

PERSONALIZED NUTRITION PLAN
FOR YOUR ATHLETE

\$125 PER PLAN

5

PREP ACADEMY

PRIVATE SCHOOL PREP PROGRAM
FOR ATHLETES GRADES 6-8

THE BOOST MEMBERSHIP



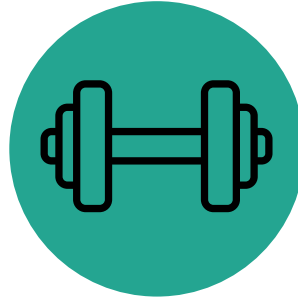
\$99

Per Month

*3-Month Commitment

Essential

- ✓ Unlimited Speed & Agility



\$199

Per Month

*3-Month Commitment

Ultimate

- ✓ Unlimited Speed & Agility
- + PLUS
- ✓ Unlimited Dynamic Speed

Best Value



\$249

Per Month

*3-Month Commitment

Absolute

- Unlimited Speed & Agility
- + PLUS
- Unlimited Dynamic Speed
- + PLUS
- Unlimited Elite Speed

+PLUS

- Supplements
- Performance Testing
- Nutrition Education



CLICK HERE FOR THE
CURRENT CLASS SCHEDULE

THE BOOST MEMBERSHIP CLASS DESCRIPTION



SPEED & AGILITY

Boost Training's Speed & Agility class is a beginner level class for athletes ages 6+. It is a 60-minute class that teaches athletes how to run, jump, develop quick feet, and develop a faster first step.

Monday - Fridays
4-5 pm

DYNAMIC SPEED

Dynamic Speed is an advanced 90-minute class that includes speed, strength, agility, and plyometrics. This class is designed for athletes ages 11-19 years old who have at least 1-2 years of training or sports participation experience.

Tuesdays and Thursdays
6:50 - 8:20 pm

Mondays, Wednesdays, Fridays
5:10 - 6:40 pm

ELITE SPEED

Elite Speed is a 90-minute, advanced speed + strength training class with Coach Bass. **Athletes must be ages 14+ to attend this class.**

Tuesdays and Thursdays
5:10 - 6:40 pm
