



ONBOARDING PACKAGES

Barbell Fundamentals \$299

This 30-day membership was designed for someone who has never touched a barbell before.

2 Private Coaching Sessions

9 Team Coaching Sessions

Personalized Training Plan

Video Review

24hr Facility Access

Performance Barbell Sport \$329

This 30-day membership is for athletes who are on a competitive-track in a barbell sport.

1 Private Coaching Session

3 Performance Coaching Sessions

12 Team Coaching Sessions

Personalized Training Plan

Video Review

24hr Facility Access

Weightlifting Fundamentals \$858*

This 2-month package is designed for athletes who are brand new to olympic weightlifting.

8 Private Coaching Sessions

8 Performance Coaching Sessions

Personalized Training Plan

Video Review

24hr Facility Access

** billed via payment plan over 8 weeks*



COACHING MEMBERSHIPS

Performance Athlete \$329/mo

Our highest tier membership includes everything a serious athlete needs to optimize their results:

4 Small Group Coaching Sessions / Month

8 Team Coaching Sessions / Month

Personalized Training Plan

Video Review

24hr Facility Access

Recreational Athlete \$219/mo

This membership is designed for recreational athletes who want to be strong for an active lifestyle outside of the gym:

12 Team Coaching Sessions / Month

"Team" Training Plan

24hr Facility Access

Asynchronous Athlete \$219/mo

This membership is for athletes who primarily train OUTSIDE of coaching hours:

Personalized Training Plan

Video Review

Off-Peak Facility Access



REMOTE COACHING

Performance - Remote \$189/mo

This membership is designed for athletes who do not train in-person but want to optimize their training results:

Personalized Training Plan

Video Review

Recreational - Remote \$129/mo

This membership is designed for athletes who do not train in-person AND do not require a tailored training plan:

"Team" Training Plan

Video Review

OPEN GYM

Barbell Club \$99/mo

This membership is for open gym access only.

24hr Facility Access

Barbell Club - Limited \$69/mo

This membership is for open gym access only.

Off-Peak Facility Access



OTHER MEMBERSHIPS

PRIVATE COACHING

1 Session \$95

5 Sessions \$451.25

10 Sessions \$855

Payment plans are available for private coaching packages

PUNCH PASSES

Performance Coaching

Ten (10) sessions passes for \$380

Team Coaching Punch Pass

Ten (10) sessions for \$180

Open Gym Punch Pass

Ten (10) day passes for \$120

MEET HANDLING

LOCAL MEET HANDLING

Strategy Meeting + Meet Day Support at Local Events

\$100 / Powerlifting Event

\$50 / Olympic Weightlifting Event

NATIONAL MEET HANDLING

Strategy Meeting + Meet Day Support at Out-of-State Events

\$200 / Powerlifting Event

\$100 / Olympic Weightlifting Event