



## MEMBERSHIP BUNDLES

### **Performance Athlete \$249/mo**

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

- Unlimited Team Coaching Sessions**
- Personalized Training Plan**
- Daily Video Feedback + Office Hours**
- 24hr Facility Access**
- Quarterly Goal-Setting Check-Ins**
- Half-price meet handling at local events**

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***New members ALSO get 2 private coaching sessions FREE!***

### **Asynchronous Athlete \$219/mo**

*This membership is for busy athletes who cannot always make it to team coaching during peak hours:*

- 2 Team Coaching Sessions / Month**
- Personalized Training Plan**
- Daily Video Feedback + Office Hours**
- Off-Peak Facility Access**
- Quarterly Goal-Setting Check-Ins**

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### **Commuter Athlete \$179/mo**

*This membership is designed for athletes who reside outside of our daily commuting distance:*

- 2 Team Coaching Sessions / Month**
- Personalized Training Plan**
- Daily Video Feedback + Office Hours**
- Quarterly Goal-Setting Check-Ins**

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*Email us about our student discounts at  
[info@muscleandmindset.com](mailto:info@muscleandmindset.com)*



## BUILD-YOUR-OWN-MEMBERSHIP PACKAGE

### BASE MEMBERSHIPS

**Barbell Club \$99/mo**

24hr facility access

**Barbell Club Limited \$69/mo**

Off-peak facility Access

**M+M Remote \$99/mo**

Daily video feedback + office hours

### ADD-ONS

**Team Coaching Lite \$69/mo**

Eight (8) Team Coaching sessions / month

**Team Coaching Unltd \$99/mo**

Unlimited Team Coaching sessions

**Personalized Plan \$49/mo**

Expedite your Progress with a Tailored Plan

**Remote Coaching \$99/mo**

Daily Video Feedback + Office Hours

### PRIVATE COACHING

**1 Session \$95**

**5 Sessions \$451.25**

**10 Sessions \$855**

*Payment plans are available for private coaching packages*

### LOCAL MEET HANDLING

*Strategy Meeting + Meet Day Support at Local Events*

**\$100 / Powerlifting Event**

**\$50 / Olympic Weightlifting Event**