



STANDARD MEMBERSHIPS

Performance Athlete \$329/mo

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

12 Team Coaching Sessions / Month

Personalized Training Plan

Video Review

24hr Facility Access

Asynchronous Athlete \$219/mo

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

Personalized Training Plan

Video Review

Off-Peak Facility Access

Recreational Athlete \$219/mo

This membership is designed for recreational athletes who do not require a tailored training plan:

12 Team Coaching Sessions / Month

Team Training Plan

24hr Facility Access

Performance - Remote \$189/mo

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

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



OTHER MEMBERSHIPS

OPEN GYM MEMBERSHIPS

Barbell Club \$99/mo

24hr facility access

Barbell Club Limited \$69/mo

Off-peak facility Access

PUNCH PASSES

Team Coaching Punch Pass

Ten (10) sessions for \$180

Open Gym Punch Pass

Ten (10) day passes for \$120

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

NATIONAL MEET HANDLING

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

\$200 / Powerlifting Event

\$100 / Olympic Weightlifting Event