

Individual/Small Group Workouts – (Shooting/Ball Handling/Finishing - 45 Minutes)

Number of Athletes w/ 1 trainer	1 session (Cost for each athlete)	Package Price for 4 Sessions (Must Schedule sessions at time of purchase)	Package Price for 8 Sessions (Must Schedule sessions at time of purchase)
1	\$ 65	\$230	\$450
2	\$ 50	\$180	\$340
3	\$ 40	\$140	\$260
4	\$ 35	\$120	\$220

(Small Group/Team Workouts) 60 Minutes

Number of Athletes	1 session	Package Price for 4 Sessions	Package Price for 8 Sessions
w/ 1 trainer	(Cost for each athlete)	(Must Schedule sessions at time of purchase)	(Must Schedule sessions at time of purchase)
4+	\$35	\$140	\$280

Package of 4 or 8 must be scheduled and paid for at the time of the 1st workout.

All prices include sales tax.

For additional training options, questions or to schedule contact Kris

kris.warwick@avera.org (605) 504-1950