

COLLEGIATE/PRO ELITE TRAINING RATES WITH ADAPT SPORTS & FITNESS LLC

COLLEGIATE/PRO REGIMEN:			
	DAILY BUNDLE/DROP-IN RATE	2 WORKOUTS/WEEK (ANY/ALL PROGRAMMING)	3+ WORKOUTS/WEEK (ANY/ALL PROGRAMMING)
COLLEGIATE/PRO REGIMEN:			
ATHLETIC DEVELOPMENT (SPORTS PERFORMANCE) (60+ MIN.)	\$75+/WORKOUT	\$50+/WORKOUT	\$50+/WORKOUT
ALL-PURPOSE TRAINING (MULTI-SKILL WORK + RAPID-FIRE SHOOTING) (60 MIN.)	\$200/WORKOUT	\$175/WORKOUT	\$150/WORKOUT
DUO/TRIO BASKETBALL SHOOTING WORKOUT ON SHOOTING MACHINE WITH SKILLS COACH 2 - 3 ATHLETES/STATION (30 MIN.)	\$25/WORKOUT	INCLUDED IN PACKAGE (WHEN APPLICABLE)	INCLUDED IN PACKAGE (WHEN APPLICABLE)
TOTAL:	\$300+ PER DAY	\$225+ PER DAY (\$450+/WEEK)	\$200+ PER DAY (\$600+/WEEK)
STAND ALONE PROGRAMMING:			
LARGE GROUP WORKOUTS (VARIOUS SPORTS) 10+ ATHLETES (60 MIN. - 90 MIN.)	(60 MIN. - 90 MIN.) RENTED GYM SPACE: \$75+ - \$90+/LESSON NON-RENTED GYM SPACE: \$60+ - \$75+/LESSON	(60 MIN. - 90 MIN.) RENTED GYM SPACE: \$60+ - \$75+/LESSON (\$120+ - \$150+/WEEK) NON-RENTED GYM SPACE: \$50+ - \$60+/LESSON (\$100+ - \$120+/WEEK)	(60 MIN. - 90 MIN.) RENTED GYM SPACE: \$50+ - \$60+/LESSON (\$180+ - \$225+/WEEK) NON-RENTED GYM SPACE: \$45+ - \$50+/LESSON (\$135+ - \$150+/WEEK)
SMALL GROUP WORKOUTS (VARIOUS SPORTS) 3 - 9 ATHLETES (60 MIN. - 90 MIN.)	(60 MIN. - 90 MIN.) RENTED GYM SPACE: \$90+ - \$125+/LESSON NON-RENTED GYM SPACE: \$75+ - \$100+/LESSON	(60 MIN. - 90 MIN.) RENTED GYM SPACE: \$75+ - \$100+/LESSON (\$150+ - \$200+/WEEK) NON-RENTED GYM SPACE: \$60+ - \$75+/LESSON (\$120+ - \$150+/WEEK)	(60 MIN. - 90 MIN.) RENTED GYM SPACE: \$60+ - \$75+/LESSON (\$180+ - \$225+/WEEK) NON-RENTED GYM SPACE: \$50+ - \$60+/LESSON (\$150+ - \$180+/WEEK)
SEMI-PRIVATE WORKOUTS 2 ATHLETES (60 MIN. - 90 MIN.)	(60 MIN. - 90 MIN.) RENTED GYM SPACE: \$125+ - \$175+/LESSON NON-RENTED GYM SPACE: \$100+ - \$150+/LESSON	(60 MIN. - 90 MIN.) RENTED GYM SPACE: \$100+ - \$150+/LESSON (\$200+ - \$300+/WEEK) NON-RENTED GYM SPACE: \$90+ - \$125+/LESSON (\$180+ - \$250+/WEEK)	(60 MIN. - 90 MIN.) RENTED GYM SPACE: \$90+ - \$125+/LESSON (\$270+ - \$375+/WEEK) NON-RENTED GYM SPACE: \$75+ - \$100+/LESSON (\$225+ - \$300+/WEEK)
PRIVATE WORKOUTS 1 ATHLETE (60 MIN. - 90 MIN.)	(60 MIN. - 90 MIN.) RENTED GYM SPACE: \$250+ - \$325+/LESSON NON-RENTED GYM SPACE: \$225+ - \$275+/LESSON	(60 MIN. - 90 MIN.) RENTED GYM SPACE: \$225+ - \$275+/LESSON (\$400+ - \$550+/WEEK) NON-RENTED GYM SPACE: \$200+ - \$250+/LESSON (\$350+ - \$450+/WEEK)	(60 MIN. - 90 MIN.) RENTED GYM SPACE: \$200+ - \$250+/LESSON (\$525+ - \$750+/WEEK) NON-RENTED GYM SPACE: \$150+ - \$200+/LESSON (\$450+ - \$600+/WEEK)
FILM ANALYSIS (BREAKDOWN OF ATHLETE'S CLIPS AND/OR EXAMPLES (15+ MIN.))	STARTING @ \$45/SESSION	N/A	N/A
DIY SHOOTING (SOLO BASKETBALL SHOOTING WORKOUT ON SHOOTING MACHINE LIMIT 1 ATHLETE/STATION) (60 MIN.)	\$45/WORKOUT	N/A	N/A

- WE WILL SEND AN INVOICE OR EMAIL FOR RECORD-KEEPING PURPOSES, UPON CONFIRMATION OF SERVICES AND FREQUENCY OF WORKOUTS DESIRED BY THE CLIENT OR REPRESENTATIVE OF AN ORGANIZATION
- TO SECURE TIME SLOTS, 50% OF THE BALANCE IS REQUIRED FOR TRANSACTIONS \$500 OR MORE; REMAINDER OF THE BALANCE IS DUE NO LATER THAN 3 DAYS FROM THE HALFWAY MARK WITHIN A PACKAGE
- ADAPT SPORTS & FITNESS LLC RESERVES THE RIGHT TO TERMINATE THE AGREEMENT OR NOT SCHEDULE FURTHER WORKOUTS IN THE CASE OF A CLIENT/ORGANIZATION NOT PAYING BY SPECIFIED DEADLINES
- FILM ANALYSIS IS INCLUDED IN THE RATE FOR SEMI-PRIVATE AND PRIVATE 4-WEEK PACKAGES (LIVE SEGMENTS AND/OR AFTER THE WORKOUT) TO HELP WITH THEIR "HOME WORK" IN BETWEEN WORKOUTS
- AFTER THE DEPOSIT IS PAID, SCHEDULING WILL TAKE PLACE AS SOON AS POSSIBLE
- THESE RATES ARE GOOD THROUGH OCTOBER 12, 2026 AND CLIENTS/ORGANIZATIONS ARE GRANDFATHERED INTO OUR LOWEST RATES
- NOTES ABOUT SPECIALS: WE OFFER NEGOTIABLE DISCOUNTS FOR ORGANIZATIONS THAT SEND 2 OR MORE ATHLETES TO TRAIN DURING THE SAME TIME PERIOD. ALSO, WE OFFER A GUARANTEED \$200 DISCOUNT FOR CLIENTS/ORGANIZATIONS THAT BOOK A 4-WEEK PACKAGE (AT LEAST 1 WORKOUT PER WEEK FOR 4 WEEKS). LASTLY, 6 WEEKS ARE GIVEN FOR CLIENTS TO COMPLETE WORKOUTS WITHIN A 4-WEEK PACKAGE TO MAKE SURE WE ARE FLEXIBLE WHILE STILL HOLDING ALL PARTIES ACCOUNTABLE TO REACH CERTAIN GOALS.