

Ares Academy Athletics

TRAINING PACKAGES AND PRICING

Every program is built around your goals, experience level, movement quality, and long-term progress using science-based coaching and real athletic experience.

SPORT FIT MEMBER PRICING

1-on-1 Personal Training

1 Hour Sessions

Single Sessions

- Single Session: \$100

Session Packages

- 5 Sessions: \$475
- 10 Sessions: \$925

Package sessions are designed for clients who want more consistency, accountability, and long-term progress while saving money compared to single sessions.

SPORT FIT (Monthly Pricing)

1-on-1 Personal Training

Choose your preferred training frequency and pay monthly.

1 Session Per Week

- 4 Sessions Monthly
- \$400/month

2 Sessions Per Week

8 Sessions Monthly

- \$700/month

3 Sessions Per Week

12 Sessions Monthly

- \$1,050/month
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Ares Academy Membership

Bowie State University & Mobile Training Options

For clients training outside of Sport Fit.

Standard Member Rate

- Single Session: \$75

Bowie State Students & Alumni

- Single Session: \$25

This option is designed to make quality coaching more accessible for the Bowie State community while still providing personalized programming and hands-on coaching.

Ares Academy (Monthly Pricing)

Standard Ares Academy Member Rate

1 Session Per Week

4 Sessions Monthly

- \$300/month

2 Sessions Per Week

8 Sessions Monthly
• \$550/month

3 Sessions Per Week

12 Sessions Monthly
• \$800/month

Bowie State Student & Alumni Packages

1 Session Per Week

4 Sessions Monthly
• \$100/month

2 Sessions Per Week

8 Sessions Monthly
• \$180/month

3 Sessions Per Week

12 Sessions Monthly
• \$250/month

FITNESS PROFILES (Online Coaching)

Custom Fitness Profile

Standard Ares Academy Member Rate

• \$100

Bowie State Students & Alumni

• \$50

Includes:

- Personalized calorie and macro targets

- Goal-specific nutrition guidance
- Grocery recommendations
- Supplement guidance
- Cardio recommendations
- Lifestyle habit recommendations
- Weekly progress targets
- Customized workout programming based on available equipment and experience level
- Exercise selection guidance and training structure tailored to your goals

Online coaching options and custom workout programming are available based on your equipment access, schedule, and training experience.

Payment Information

Sport Fit members may pay directly through the Sport Fit front desk.

Ares Academy members may pay through:

- Cash App
 - ForActive (Auto-Renewal Available)
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Important Information

- All sessions are scheduled by appointment only
 - Sessions must be used within the active package timeframe
 - Missed sessions without proper communication are not eligible for makeups
 - Rescheduled sessions must be completed before the next billing cycle
 - Training locations may vary based on availability and client needs
 - Auto-renewal options are available through ForActive
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ARES ACADEMY ATHLETICS

Science-Based Coaching for Strength, Performance, Recovery & Fat Loss

NASM Certified Personal Trainer - Physical Therapy Technician
- Former Division II Athlete - #JØINTHEACADEMY

