

# GRIND HOUSE SPORTS TRAINING IN-PERSON PACKAGES

## COMBO PACKAGES: ONE ON ONE/SMALL GROUP\* AND GROUP SESSIONS

PLAN NAME	DOLLAR AMOUNT	# OF ONE ON ONE / SMALL GROUP SESSIONS PER WEEK	# OF GROUP SESSIONS PER WEEK	TOTAL # OF SESSIONS A WEEK	TERM
THE HALL OF FAME	\$3999 for 52 One on One/Small Group Sessions and 52 Group Sessions to use as you go within a Year - Pre-Paid in FULL	As you choose!	As you choose!	As you choose!	One Year
THE NATIONALLY RANKED	\$599/month	2	3	5	One Year
THE ALL DISTRICT	\$499/month	1	2	3	One Year

## ONE ON ONE/SMALL GROUP\* PACKAGES

PLAN NAME	DOLLAR AMOUNT	# OF ONE ON ONE / SMALL GROUP SESSIONS PER WEEK	# OF GROUP SESSIONS PER WEEK	TOTAL # OF SESSIONS A WEEK	TERM
THE ALL AMERICAN	\$2399 for 48 One on One/Small Group Sessions to use as you go within a Year - Pre-Paid in FULL	As you choose!	0	As you choose!	One Year
THE ALL STATE	\$599/month	3	0	3	One Year
HOME SCHOOLER (Weekday Mornings)	\$349/month	2	0	2	One Year
ONE ON ONE	\$99/SESSION	1	0	1	One Year

## GROUP SESSION PACKAGES

PLAN NAME	DOLLAR AMOUNT	# OF ONE ON ONE / SMALL GROUP SESSIONS PER WEEK	# OF GROUP SESSIONS PER WEEK	TOTAL # OF SESSIONS A WEEK	TERM
THE SEASON PASS	\$2999 for 100 Group Sessions to use as you go within a Year - Pre-Paid in FULL	0	As you choose!	As you choose!	One Year
THE ELITE**	\$399/month	0	3	3	One Year
THE STARTER	\$399/month	0	3	3	One Year
THE RECRUIT	\$299/month	0	2	2	One Year
THE ROOKIE	\$199/month	0	1	1	3 Months

## OTHER ITEMS

PRIVATE HOME VISIT Film Study, 1 on 1 workout or Nutrition plan	\$299	Hour
THE MVP- 6 HOUR VIP DAY	\$1,999	Per Day

\*(No more than 4 Athletes) \*\*INVITATION ONLY

## COMING SOON TO A COMPUTER NEAR YOU

DYNAMIC STRETCHING Online MINI-COURSE	Free
BULK UP Online Workout Plan MINI-COURSE	\$39
LEAN DOWN Online Workout Plan MINI-COURSE	\$39
BULK UP NUTRITION PLAN and Online Course	\$199
LEAN DOWN NUTRITION PLAN and Online Course	\$199
COMBINE FOOTBALL WORKOUT from HOME Online MASTERCLASS	\$299
SPEED POWER AGILITY from HOME Online MASTERCLASS	\$299
SPEED POWER AGILITY in the GYM Online MASTERCLASS	\$299