



\$100 Initial Assessment
(waived if active PT patient or with 3
month commitment paid in advance)

Individualized Program
Full Gym Access
Full Recovery Zone Access
VIP Tahoe Tune Up Access

\$59/mo



\$100 Initial Assessment
(waived if active PT patient or with 3
month commitment paid in advance)

Semi-private Coaching
Full Gym Access
Full Recovery Zone Access
VIP Tahoe Tune Up Access

\$200/mo

1 coached session/week

\$300/mo

2 coached sessions/week



3 month commitment paid in advance
Limited spots available
Priority Access for Program Subscribers

Performance-Driven Strength
& Conditioning Class
M-T-Th-F 6am-7am
Full Recovery Zone Access

\$597/
12 wk program

*15 session punch card also
available for \$300, some
restrictions apply