

## Progressive Fitness and Performance

### Athlete

PFP	30min Sessions			
Athletes	Total Sessions	Price/Session(s)	Total	Per Athlete
1	5	\$49	\$245	-
1	10	\$43	\$430	-
1	20	\$37	\$740	-
1	30	\$30	\$900	-
2	5	\$59	\$295	\$147.50
2	10	\$53	\$530	\$265.00
2	20	\$47	\$940	\$470.00
2	30	\$40	\$1,200	\$600.00
3	5	\$69	\$345	\$115.00
3	10	\$63	\$630	\$210.00
3	20	\$57	\$1,140	\$380.00
3	30	\$50	\$1,500	\$500.00

PFP	60min Sessions			
Athletes	Total Sessions	Price/Session(s)	Total	Per Athlete
1	5	\$75	\$375	-
1	10	\$65	\$650	-
1	20	\$55	\$1,100	-
1	30	\$45	\$1,350	-
2	5	\$85	\$425	\$212.50
2	10	\$75	\$750	\$375.00
2	20	\$65	\$1,300	\$650.00
2	30	\$55	\$1,650	\$825.00
3	5	\$95	\$475	\$158.33
3	10	\$85	\$850	\$283.33
3	20	\$75	\$1,500	\$500.00
3	30	\$65	\$1,950	\$650.00

### Team Packages

PFP	30min Sessions			
Athletes	Total Sessions	Price/Session(s)	Total	Per Athlete
6	5	\$89	\$445	\$74.17
6	10	\$83	\$830	\$138.33
6	20	\$77	\$1,540	\$256.67
6	30	\$70	\$2,100	\$350.00

PFP	60min Sessions			
Athletes	Total Sessions	Price/Session(s)	Total	Per Athlete
6	5	\$115	\$575	\$95.83
6	10	\$105	\$1,050	\$175.00
6	20	\$95	\$1,900	\$316.67
6	30	\$85	\$2,550	\$425.00

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