



**IMPROVE
YOUR**

**Strength
Speed and Agility
Flexibility
Movement
Acceleration**

**TRAINING
FOCUSING ON**

**Mechanics
Plyometrics
Acceleration
Injury Reduction
Nutrition**

NEW MEMBER SESSION

with goal assessment & athlete evaluation
1 Hr Individual Session.....\$30
NEW SPA Training Clients 1 time use only.



INDIVIDUAL TRAINING*

1 Hr Member Session.....\$80
10 Pack Member.....\$750
1 Hr Non-Member Session.....\$85
10 Pack Non-Member.....\$800

GROUP TRAINING*

1 Hr Session.....\$45/pp
10 Hr Sessions.....\$350/pp
20 Hr Sessions.....\$600/pp
Max 6 Athletes to Group.

FAMILY SHARE*

2 or more family members living in same household.
30 Hr Sessions.....\$800

TEAM TRAINING*

60 Minute Sport specific team training designed to improve individual & team performance and team unity.
Up to 12 Athletes.....\$200/team
5 Pack.....\$875/team
13+ Athletes(Max 20).....\$300/team
5 Pack.....\$1,375/team



RON HACKASPKER NASM - CPT
PRIVATE, GROUP AND TEAM TRAINING
Personal Trainer for over 24 yrs & Sports Performance for 17 yrs
5 Sport High-School Athlete. College & Army Wrestler
Trained over 50,000 Athletes of all levels including Olympics, NFL, MLB and NBA
4x National Powerlifting Champion - 3x NPC Bodybuilding Champion - 1x Time Powerlifting World Champion
USA Body building competitor in 2005 Championships in China.



DAN SCOTT NSCA-CSCS, USAW
PRIVATE AND TEAM TRAINING
PITCHING & HITTING INSTRUCTOR
In the fitness industry for 13+ years.
Division 1 Collegiate Baseball Pitcher for 4 years.
USA Weightlifting certified Sports Performance Coach
Certified Kettlebell instructor.
Specializes in breaking down sport specific motions & customizing individual programs according to an athletes needs

All Training Sessions expire 45 days from purchase.
Some Restrictions Apply. Pricing Subject to change.



**GET STARTED
TODAY!**

CALL: 845-517-1415
MARYMILEO@VISIONSC.COM