



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.....\$35
 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