

Supplemental Services Overview

Aspirus Therapy & Fitness - Medford



INDIVIDUAL TRAINING

- **Personal Training** – Personal training offers one-on-one development and progression of a nutrition and exercise program. Our certified Personal Trainers possess the knowledge, skills, and abilities necessary to design a safe and effective program tailored to meet the goals of the clients they serve.
- **ELITE Athlete Training** – Our ELITE training program promotes physical and physiological development of athletes ages 12 and older for elite sport performance. Our ELITE program is also designed to assist athletes with injury prevention and proper mechanics within their sports performances.

Personal Training/ELITE Athlete Training		
Package	Price*	Expiration
Per session	\$50	None
6-Pack (1-on-1 sessions)	\$210 (\$35/session)	2 months from purchase
10-Pack (1-on-1 sessions)	\$320 (\$32/session)	3 months from purchase
15-Pack (1-on-1 sessions)	\$450 (\$30/session)	5 months from purchase
Prices include 5.5% sales tax		

GROUP ELITE ATHLETE TRAINING

- **ELITE Group Training** – Our ELITE athlete training program for sports performance enhancement and injury prevention for groups of 2-4 athletes of similar sport.

ELITE Group Training – Intended for High School/Middle School Athletes		
Package	Price*	Expiration
6-Pack (2-4 athletes/session)	\$150 (\$25 per athlete per session)	None
10-Pack (2-4 athletes/session)	\$220 (\$22 per athlete per session)	None
15-Pack (2-4 athletes/session)	\$300 (\$20 per athlete per session)	None
Prices include 5.5% sales tax		

FUNCTIONAL STRENGTH & CONDITIONING CLASSES

These classes are designed to challenge individuals at all levels. Whether completely new to exercise or an experienced gym addict who is looking for friendly competition, this is for you. We focus on functional movements that will make everyday life easier while enhancing athletic ability and increasing overall health.

Our qualified coaches will provide a one-on-one consultation which includes a biometric screening, nutritional assessment, and an individualized plan to hit goals through this fun-filled environment.

Our 1-Month Unlimited package includes a full fitness center membership.

Functional Strength & Conditioning Classes			
Includes: Biometric Screening, Nutritional Assessment, 4 Class Options/Week			
Package	Price*	Price Per Class (16 offerings/month)	Expiration
1-Month Unlimited	\$75/month (includes Fitness Center membership)	\$4.69/session	1 Month
10-Class Punch Card	\$100	\$10/session	None
Daily Drop-In	\$15/class	\$15/session	None
Prices include 5.5% sales tax			

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To learn more about these programs or our services at Aspirus Therapy & Fitness – Medford, contact us at 715-748-8112.

