

GRB'S 2022 TRAINING PACKAGES:

Consistent, buildable sessions produce the best results. All packages are meant to be completed on a weekly basis with your designated trainer, and will carry an expiration date to encourage commitment and accountability. Ideally, all package sessions should be scheduled on or before your first workout.

GRB STARTER PACK

NEW MEMBERS ONLY

INCLUDES:

10 TRAINING SESSIONS
ANNUAL GRB CLIQUE MEMBERSHIP
GRB APPAREL STARTER PACK

COST: \$650

All sessions scheduled at or prior to the first workout. Package sessions expire after 6 months - any remaining due to client's rescheduling or lack of availability will be forfeited.

INDIVIDUAL 5-PACK

INCLUDES:

5 INDIVIDUAL TRAINING SESSIONS
WITH 1 DEDICATED TRAINER

COST:

MEMBERS | \$300
NON-MEMBERS | \$400

All sessions scheduled at or prior to the first workout. Package sessions expire after 3 months - any remaining due to client's rescheduling or lack of availability will be forfeited.

DUAL 5-PACK

INCLUDES:

5 PERSONALIZED WORKOUTS FOR 2 ATHLETES
WITH SIMILAR GOALS AND SKILLSETS

COST:

MEMBERS | \$225 each

NON-MEMBERS | \$325 each

All sessions scheduled at or prior to the first workout. Package sessions expire after 3 months - any remaining due to client's rescheduling or lack of availability will be forfeited.

TEAM DEVELOPMENT TRAINING

INCLUDES:

INITIAL CONSULTATION WITH COACH TO DETERMINE TEAM
STRENGTHS, WEAKNESSES, AND STRATEGY

BUILD A PROGRAM OF 4-8 SESSIONS BASED ON TEAM'S
STRATEGIC NEEDS

OPTION TO TRAIN AT OUR FACILITY OR HAVE US TRAVEL TO YOU

COST:

FOLLOWS CURRENT GROUP WORKOUT
PRICING. COST WILL BE DETERMINED BY TEAM
SIZE AND NUMBER OF SESSIONS REQUESTED

All sessions scheduled at or prior to the first workout.