



Superior Athletics
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Adult Training Memberships

One on One Training:

One-on-one training will allow adult clients to work closely with a coach while performing a personalized program. The one-on-one sessions will consist of a dynamic warm-up, conditioning, and strength training created for their own needs and goals. One-on-one training availability is limited.

- 4 Session/1x a Week - \$400 Month
- 8 Session/2x a Week - \$720 Month
- 12 Sessions/3x a Week - \$960 Month

Semi-Private Training:

Semi-Private training comes with all of the benefits of one-on-one training mixed with the fun of group training. Clients still receive a personalized program, coach's observation, and monthly testing.

Semi-Private is the perfect membership for couples or friends who want to train like an athlete for half the price of one-on-one training. (Increased availability)

- 4 Session/1x a Week - \$200 Month Per Person
- 8 Session/ 2x a Week - \$360 Month per person
- 12 Sessions/ 3 x a Week - \$480 Month per person

Group Training:

The group training model is what we like to think of as an updated version of the old “Bootcamp” style workouts.

Coaches will put clients in an environment where they will have team support to accomplish their goals while completing that day’s specific training.

Although programs are not custom for each client, each group will work with a coach who will be able to provide any modifications for injuries or mobility restrictions—scheduled classes.

- 1 x a Week - \$99 Month
- 2 x a Week - \$149 Month
- Unlimited - \$199 Month

Online Training:

We also offer online training for clients who cannot get to the facility or like to coach themselves. The assigned coach will give an in-person or Skype assessment and a custom program.

Online clients will communicate with coaches every week and reevaluate monthly.

- \$99 Month