

ADULT PACKAGES

ARISE
CENTER FOR ATHLETIC DEVELOPMENT

IN PARTNERSHIP WITH

ARISE
NEUROMUSCULAR

	APEX	ELITE PREMIUM	INTRO ELITE (3 MTH LIMIT)	STANDARD	LIMITED
PRICE	\$2,000.00	\$1,750.00	\$1,000.00	\$500.00	\$350.00
SERVICES					
RECURRING SCHEDULING	✓	✓	✓		
TRAINING SESSIONS	UNLIMITED	UNLIMITED	10 SESSIONS/MTH	3X/WEEK	2X/WEEK
TREATMENT SESSIONS	INCLUDED	A LA CARTE	A LA CARTE	A LA CARTE	A LA CARTE
PRIVATE ONE ON ONE SESSIONS	✓	✓	✓		
VIRTUAL TRAINING	✓	✓			
EXECUTIVE LOCKER	✓	✓			
POST WORKOUT RECOVERY SHAKE	✓	✓			
SATURDAY AVAILABILITY (IF NEEDED)	✓	✓			
LIFESTYLE COACHING	✓				
NUTRITIONAL REFERRAL AND MONITORING	✓				
OPTION FOR GOLF SPECIFIC CONSULTATION	✓				
REHABILITATION FOCUSED (IF NEEDED)	✓				
BODY COMP SCAN & PRIORITIZATION	✓				
REHABILITATION/ INJURY MANAGEMENT	✓	UPGRADE-APEX	\$500 UPGRADE	A LA CARTE	A LA CARTE
ONGOING ASSESSMENTS	✓	✓	✓	1 PER 3 MTHS	BASELINE INCLUDED ADDITIONAL A LA CARTE COST

**PREMIER
PARTNERSHIP
PACKAGES**

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	APEX	FUTURES JUNIOR PACKAGE (25 AND UNDER)	CORE	FOUNDATION
PRICE	\$2,000.00	\$1,750.00	\$800.00	\$450.00
SERVICES				
RECURRING SCHEDULING	✓	✓	✓	✓
TRAINING SESSIONS	UNLIMITED	UNLIMITED	4X/ MONTH	2X/ MONTH
TREATMENT SESSIONS	INCLUDED	INCLUDED	2X/ MONTH	1X/ MONTH
PRIVATE ONE ON ONE SESSIONS	✓	✓	✓	✓
VIRTUAL TRAINING	✓	✓	✓	✓
POST WORKOUT RECOVERY SHAKE	✓	✓	✓	✓
NUTRITIONAL REFERRAL AND MONITORING	✓	✓	✓	✓
REHABILITATION FOCUSED (IF NEEDED)	✓	✓	✓	✓
BODY COMP SCAN & PRIORITIZATION	✓	✓	✓	✓
LIFESTYLE COACHING	✓	✓	✓	✓
OPTION FOR GOLF SPECIFIC CONSULTATION	✓	✓	✓	
EXECUTIVE LOCKER	✓	✓		
SATURDAY AVAILABILITY (IF NEEDED)	✓	✓		
REHABILITATION/ INJURY MANAGEMENT	✓	✓	✓	✓
ONGOING ASSESSMENTS	✓	✓	✓	✓