STRENGTH & CONDITIONING (S&C) and SPORTS TRAINING (ST)

PEAC Sports Training facility is equipped with the latest technology and equipment, including Proteus Motion, a tool to measure power, strength, and acceleration to increase athlete performance and rehabilitation outcomes. Our programming decisions are based on many factors including data, athlete needs, sport needs, body development, and overall goals.

Movement Assessment Options

Initial Movement Assessment & Proteus Motion.....$125

Movement Assessment……$75

Proteus Motion……...$75

Follow-Up Proteus Motion……..$35

Follow-Up Proteus Motion Package (11 Visits)…..……$275

(*Above package is good for 12 months from the date of purchase.)*

Sports Training Packages

Introductory Package (12 - 1.5 Hour Sessions)……$170

(First Payment for ST Package & Assessments $295)

- **Access to the facility 3 times a week**
- **Strength program**
- **Access to proteus assessment once every 4 weeks**

(*Above package is good for 3 months from the date of purchase.)*

Advanced Package ……$280/ Monthly

(First Payment for ST Package & Assessments $405)

- **Access to the facility 5 times a week**
- **Strength and Conditioning (personalized) based on 6 days a week**
- **Access to proteus assessment once every 4 weeks**

Credit card & Venmo payment will incur at 3.5% service fee



Elite Package ……$350/ Monthly
(First Payment for ST Package & Assessments $475)

- **Access to the facility 5 times a week**
- **Strength and Conditioning (personalized) based on 6 day a week**
- **Proteus Assessments as needed**
- **Sports Medicine (Includes Recovery, Injury Evaluations, Short-term rehabs and treatments. Long-term and post-op treatments will be an additional cost)**

Credit card & Venmo payment will incur at 3.5% service fee