

PRICE LIST

UPN
ADAM

UNIT 31/54 CLYDE STREET HAMILTON NORTH



PLEASE NOTE DUE TO CURRENT RESTRICTIONS WE REQUIRE YOU TO BOOK IN FOR EVERY SESSION YOU ATTEND VIA THE APP

BLOCK SESSIONS

- 8 SESSIONS \$224 [\$26 per visit]**
- 12 SESSIONS \$312 [\$25 per visit]**
- 24 SESSIONS \$576 [\$24 per visit]**
- 36 SESSIONS \$828 [\$23 per visit]**
- 72 SESSIONS \$1440 [\$20 per visit]**

ATHLETIC STRENGTH PROGRAM

10 week program includes 10 sessions \$215

A program for athletes who traditionally wouldn't have a strength component in their program. With a focus on injury prevention & rehab we work on improving technique through movement & activation strategies giving you performance gains in your discipline. This includes pre and post movement and strength screening

CASUAL [MUST BOOK IN]

- ZUU \$20**
- MOBILITY MATTERS \$20**
- SQUAD STRETCH \$10**
- WEEKDAY WARRIOR \$30**
- ELITE \$30**
- PERSONAL TRAINING \$30**

FOR MORE INFORMATION CONTACT ADAM 0434 551 351