

# GOLD COAST

TRAINING CENTER

## 60-MINUTE SESSIONS

### 1:1 TRAINING

Single Session — \$160  
5 Sessions — \$525 (\$105/each)  
10 Sessions — \$950 (\$95/each)  
15 Sessions — \$1,350 (\$90/each)  
30 Sessions — \$2,400 (\$80/each)

## 60-MINUTE SESSIONS

### 2:1 TRAINING

Single Session — \$200 (\$100/person)  
5 Sessions — \$750 (\$375/person)  
10 Sessions — \$1,400 (\$700/person)  
15 Sessions — \$1,950 (\$975/person)  
20 Sessions — \$2,400 (\$1,200/person)

## 60-MINUTE SESSIONS

### 3:1 TRAINING

Single Session — \$270 (\$90/person)  
5 Sessions — \$1,050 (\$350/person)  
10 Sessions — \$1,950 (\$650/person)  
15 Sessions — \$2,700 (\$900/person)  
20 Sessions — \$3,300 (\$1,100/person)

## TEAM TRAINING

### 90 MIN

4 Athletes — \$65

5 — \$60

6 — \$55

### 60 MIN

4 Athletes — \$52.50

5 — \$47.50

6 — \$34.50



## 90-MINUTE SESSIONS

### 1:1 TRAINING

Single Session — \$200  
5 Sessions — \$725  
10 Sessions — \$1,375  
15 Sessions — \$1,950  
30 Sessions — \$3,450

## 90-MINUTE SESSIONS

### 2:1 TRAINING

Single Session — \$290 (\$145/person)  
5 Sessions — \$1,100 (\$550.50/person)  
10 Sessions — \$2,000 (\$1,000/person)  
15 Sessions — \$2,775 (\$1,387.50/person)  
30 Sessions — \$3,400 (\$1,700 per person)

## POLICIES

- Packages must be completed within 6–12 months depending on size
- 24-hour cancellation required
- Group sessions charged if one athlete attends