

PROGRAMMING



Programming at **CORE SPORT** is designed specifically for athletes. We offer weekly open workouts for athletes of all ages, as well as private group training for teams. Private group sessions are designed specifically for the team, the sport, and the goals of the athletes.

OPEN WORKOUTS are designed by age groups, and open to any athlete interested in getting a good workout! Workouts include strength, power, and plyometric training. *Cost is 1 credit per class.*

**No shows and cancellations with less than 2 hours notice will be charged a credit.*

PRIVATE GROUP TRAINING is scheduled and arranged by a team liaison. Sessions are 5 weeks, with options for 1/class per week, or 2/classes per week. Athletes pay for the entire session in advance, and are expected to attend every class. Due to scheduling logistics and the specifics of the training program, refunds and make up credits will not be issued for missed classes. *Private Group Sessions require 2 credits per class.*

**20 credit passes are recommended for this programming.*

PRICING

1 Credit.....	\$16
10 Credits.....	\$120
20 Credits.....	\$200
50 Credits.....	\$400
Single Personal Training Session.....	\$70

HOW CREDITS WORK

Open Workouts

1 credit per class

Private Group Sessions

2 credits per class

Personal Training Sessions

8 credits (per 50-min session)

GROUP TRAINING



Thank you for choosing Group Training at Core Sport!

Danny Misheck, our certified strength and conditioning coach, works closely with Physical Therapist Bobby Waddell to develop programming specific to your sport and team goals. We are committed to helping your athletes get stronger through proper technique, and programming designed specifically for your team.

Here's how to get started!

- 1. Register your athlete in our scheduling system using the link we provide.** Please use your athlete's name and an email address associated with them. Each member of your family will need a unique email address for their personal account.
- 2. Decide which package of credits you'd prefer.** We recommend 20 credit packages for private team training (each class costs 2 credits). You'll only be able to register for the amount of classes you have credits for. The system will prompt you to make a purchase when you're low on credits.
- 3. Private group training runs in 5 week sessions** (with options for 1 or 2 classes per week). Signing up for private group training means you're signing up for the entire session.
- 4. Private group training is reserved specifically for your group.** This means the price point is a little higher than regular drop-in classes, and your athletes are charged 2 credits per class even if they miss. This allows us to keep the time reserved for your group; hold the athlete accountable for attendance; and provide training that builds from class to class.
- 5. Refunds and make-up credits will not be issued for missed classes.**

Contact Bobby Waddell for questions
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