

A strength and conditioning facility offering the opportunity to be the star of your own arena.

SERVICES

SEMI-PRIVATE

Premium service offered by KILOS Performance and Fitness. perks include a limited adaptable schedule that allows the individual to train in any and all semi-private training time available. Semi-private programs are designed with the individual in mind. Each program is tailored for the individual from warm-up to cool down. Semi-private training is executed in a team environment. Individuals will grow, support and develop each other as a supportive forward thinking community.

Schedule: Adaptable

Training duration: 60-90 minutes
Number of participants: 8 per session hour
Training days per week: Dependent on the consumer.

Cost-

2 sessions per week \$30/session or \$240/month
3 sessions per week \$27.50/session or \$330/month
4 sessions per week \$25.00/session or \$400/month

KILOS PERFORMANCE

These individuals attend KILOS Performance and Fitness in-order to increase their competitive total. These individuals will not have a personalized program. These individuals will participate in the program based on the sport. Each individual will be expected to compete a minimum of once per year. Specific training times are in place in-order to maximize team environment and training atmosphere.

Schedule: Fixed

Training duration: Allotted 60-90 min
Number of participants: 12-15 team members
Training days per week: 4 days per week

Cost-

Flat rate, 12 month minimum - \$200/month

GROUP

Group conditioning classes are designed with the time frugal and health conscious individual in mind. These classes will begin with a comprehensive warm-up followed by an program designed to meet the current needs of the class. An individual can expect to experience strength, power, agility or conditioning training as programs progress. As the group grows and develops so does the program.

Schedule: Adaptable

Training duration: 45-60 minutes
Number of participants: 15-20 per group
Training days per week: 2-3 days per week

Cost-

3 sessions per week
6+ month commitment \$120/month
6- month commitment \$150/ month

2 sessions per week

6+ month commitment \$80/month
6- month commitment \$100/month



ADDITIONAL SERVICES

KILOS is proud to offer an array of additional services including nutrition coaching, sport-specific high school and collegiate **athletic development**, **Jr KILOS** and **open gym hours**. 45-60 minute intake evaluations cover goal development, sleep quality, nutrition and movement assessment at a cost of \$45.



K I L O S

PERFORMANCE & FITNESS

EST. 2018

A strength and conditioning facility offering the opportunity to be the star of your own arena.

SCHEDULE

SEMI-PRIVATE

Monday 6:00-9:00 am / 4:30- 5:30 pm
Tuesday 7:00-9:00 am / 4:30-5:30 pm
Wednesday 6:00-9:00 am / 4:30-6:00 pm
Thursday 7:00-9:00 am / 4:30-5:30 pm
Friday 6:00-9:00 am / 4:30-5:30 pm

GROUP

Monday 9:00-10:00 am / 5:30-6:30 pm
Tuesday 6:00-7:00 am / 5:30-6:30 pm
Wednesday 9:00-10:00 am
Thursday 6:00-7:00 am / 5:30-6:30 pm
Friday 9:00-10:00 am / 5:30 -6:30 pm
Saturday 7:00 -8:00 am

JR KILOS

Monday 3:30- 4:30 pm
Friday 3:30 - 4:30 pm

KILOS PERFORMANCE

Monday 6:00-9:00 am / 4:30- 5:30 pm
Tuesday 7:00-9:00 am / 4:30-5:30 pm
Wednesday 6:00-9:00 am / 4:30-6:00 pm
Thursday 7:00-9:00 am / 4:30-5:30 pm
Friday 6:00-9:00 am / 4:30-5:30 pm

ATHLETIC DEVELOPMENT

Monday 4:30 - 5:30 pm
Tuesday 4:30-5:30 pm
Wednesday 4:30 - 6:00pm
Thursday 4:30-5:30 pm
Friday 4:30 -5:30 pm
Saturday - 8:00 - 10:00 am

This schedule is subject to change.

