

INTRODUCING



YOUTH FITNESS

FOR AGES 15 AND UNDER

Formerly Sports Performance, our new Youth Fitness program is designed to give kids ages 15 and younger a catered experience and is tailored to youth-specific workouts. Whether it pertains to a specific sport or is solely focused on fitness, this specialized approach gives your child a safe and healthy regimen, all under the expert guidance of a dedicated personal trainer.

RATES & PACKAGES

1-ON-1 PRIVATE

1 Hour | \$90/session
45 Minutes | \$67.50/session
30 Minutes | \$45/session

DUET PRIVATE

1 Hour | \$45 per attendee/session

SPORTS PERFORMANCE GROUP

1 Hour | \$30 per attendee (3 minimum, 7 maximum)

PACKAGES

	10 Pack (save 5%)	20 Pack (save 10%)
1 Hour	\$850	\$1,600
45 Minutes	\$640	\$1,215
30 Minutes	\$425	\$800
1 Hour Duet	8 Pack	\$320



PERSONAL APPROACH



KNOWLEDGE



COORDINATION



CONFIDENCE

FOR MORE INFORMATION, CONTACT IAN DONOVAN AT IDONOVAN@OXFORDATHLETICCLUB.COM