

## Coaching Options

### A 15 Day CA Experience

Our 15 day CA experience is the best way to get started. We make sure you start your journey on the right foot by making sure you are moving awesome in your first 5 personal training sessions. Each session is planned & packed with our rock start team training. All good planning comes with support, both nutritionally and with our amazing staff!

### B Adult Group Conditioning

Unlimited training (come up to 6 times a week!) 45-60 minutes  
HIIT based strength training

Nutrition Included:

Weekly weigh/ Body Composition tracking

Monthly: Tape measure tracking, Caliper

measurements, and Pictures for ease of tracking

Unlimited Facebook Nutrition

Support Group + email/text support

### C Small Group Training

Customized Personal Training Program based on your goals/needs/wants.

Flexible Training times and Unlimited access to our Team Bootcamp

Nutrition Included:

Personalized programming/ meal planning and prep

Group Nutrition Support and tracking

Unlimited Facebook Nutrition

Support Group + email/text support

### D Personal Training

If you have a specific goal in mind, you're rehabilitating an injury, or just want closer personalized attention, personal training with one of our world class coaches at Contemporary Athlete is an excellent option. Personal training will allow you to maximize your training experience with individualized coaching and programming, with a program tailored to your specific needs. No matter your goal, our coaches will create a program that is tailored to fit your needs while also providing expert coaching and support to help you attain your goals.

## 2020 Training Rates

All memberships get a 15% discount  
with a 12 month agreement.

Get Started For Just **\$89**

2 Days a Week **\$127/Month**

Unlimited **\$157/Month**

5 X Month **\$197/Month**

8 X Month **\$237/Month**

Unlimited **\$297/Month**

4 X Month **\$317/Month**

8 X Month **\$567/Month**