

# Progressive Sports

COLLEGE / HIGH SCHOOL LEVEL  
\$199/month

This program utilizes advanced weight training techniques, sport based explosive movement, speed and agility development, and has a strong focus on joint structural integrity and mobility. Athletes will be pushed to reach optimal results during each training phase to prepare for the competitive season.

**TRAIN INSANE or STAY THE SAME**

JUNIOR HIGH / YOUTH DEVELOPMENT  
\$199/month

This program utilizes light resistance training, body weight exercises, speed & agility development, & has a strong focus on gross motor movement patterns & total body coordination. Students will develop the skills necessary to build a strong foundation for athletic performance. Teamwork will be encouraged.



### Cancellation Policy

**Early Cancel:** An Early Cancel is any cancellation that occurs more than 12 hours prior to the start of your class. There is no penalty for an Early Cancel.

**Late Cancel:** A Late Cancel is any cancellation that occurs less than 12 hours prior to the start of your class. All Late Cancels will be charged.

**No Show:** A No Show occurs if you do not cancel AND do not show up for your scheduled class. If you No Show, you will be charged. This cancellation policy includes switching time slots within 12 hours of class.

Fitness for your Mind  
& Body



**power**

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**power**  
mind & body

## Class Packages\*

<b>DROP-IN</b>	<b>\$25</b>
<b>3 CLASS INTRO PACK</b>	<b>\$58*</b>
<b>5 CLASS PACKAGE</b>	<b>\$110</b>
<b>10 CLASS PACKAGE</b>	<b>\$200</b>
<b>20 CLASS PACKAGE</b>	<b>\$380</b>
<b>DISCOUNTED DROP-IN**</b>	<b>\$18</b>

\*Classes are 30 minutes in length and burn up to 600 calories.

## PERSONAL TRAINING

<b>SINGLE</b>	<b>\$75/hour</b>
<b>10 PACK</b>	<b>\$500</b>
<b>20 PACK</b>	<b>\$900</b>
<b>MONTHLY UNLIMITED***</b>	<b>\$325</b>
<b>YEARLY UNLIMITED</b>	<b>\$3200</b>

\*\*discounted rates for students, military, teachers, firefighters, police officers, or people 65+. Must have valid ID  
\*\*\*monthly unlimited only valid with 4 month contract

## Power Rules

1. Our classes are small and it's important that you cancel your reservation 12 hours prior to the start of class. \*See cancellation policy for more details.
2. Please arrive for class at least 5 minutes prior to class. If you do not show up for your reservation (or call the studio to inform them you will be late) at or prior to the start of class, your spot could be given away at the start of class and you will be charged.
3. You must sign in at the front desk before taking class. If you do not sign in, you will be subject to a Late Cancel.
4. Please put away all equipment and clean up your weights at the end of class.
5. Please stop the cardio equipment completely before stepping off. Do not jump off equipment.
6. You may NOT SAVE cardio equipment for guests who haven't arrived.
7. No talking on your cell phone or to other clients during class.
8. Do not put ANYTHING on the cardio equipment, i.e. weights, medicine balls, weighted bars.
9. All injuries must be reported prior to each class.

