

First XV Performance Pricing

Semi-Private Coaching

Receive an individualized program and coaching in a semi-private setting (one to two other people training at the same time).

4-week individual program plus:

1 day a week at First XV - \$340

2 days a week at First XV - \$645

3 days a week at First XV - \$950

*** First Responder, Teachers and Military take 15% off semi-private packages**

Private Coaching

I fully believe getting stronger, together is the best experience, but I do understand it's not for everyone. Ask about private, 1-on-1 coaching for further information and pricing.

Online Coaching

Receive an individualized 4-week program and coaching. Package includes a video call, two assessments through the coach's eye app, and unlimited email support. \$75

Assessment & Goal Setting

A 60-minute, private session for new clients to assess; how you move, your goals, training history, and injury history. \$130

***First Responder, Teachers and Military take \$50 off their Assessment**

