

# First XV Performance Pricing

## Semi-Private Coaching

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

4-week individual program plus:

1 day a week at First XV - \$360

2 days a week at First XV - \$685

3 days a week at First XV - \$1005

**\* 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, monthly check-ins, and unlimited email support. \$100

## Assessment & Goal Setting

A 60-minute, private session for new clients to assess; how you move, your goals, training history, and injury history. \$140

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

