

SPORT SPECIFIC FITNESS TESTING,  
including FUNCTIONAL  
MOVEMENT SCREENING (FMS)

PERSONALIZED SPORT SPECIFIC  
PROGRAM BOOK

SEMI-PRIVATE PERSONAL TRAINING  
SESSIONS  
(up to 4 athletes)

UNLIMITED ACCESS TO BOTH ELITE  
FACILITIES (Stoughton & Foxboro)

CONVENIENT HOURS AND  
SCHEDULING

NATIONALLY CERTIFIED FITNESS  
PROFESSIONALS

ASSISTANCE IN PRE-COLLEGE  
WORKOUTS

NUTRITIONAL GUIDANCE THROUGH  
VITABOT



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# ATHLETE SEMI-PRIVATE TRAINING

Elite's Athlete Semi-Private Training Program begins with an introductory, complimentary athlete evaluation and training session. This session is a one hour long appointment with one of our nationally-certified strength & conditioning specialists or personal trainers. We devote this initial session to performing a thorough assessment and evaluation of each athlete to ensure that we identify and address the specific needs and goals of each athlete.

This initial session includes the Functional Movement Screen (FMS), which is designed to screen for any deficits or asymmetries in the athlete's movement patterns, strength, stability, and mobility. The evaluation also includes other important performance tests, which may vary depending on the athlete's sport and specific training goals.

Based on the results of the assessment and the goals of each athlete, we then develop an individualized, sport-specific training program for each athlete. Each training session is performed under the direct supervision of Elite staff in semi-private training sessions (up to 4 athletes per trainer). This small group setting allows us to ensure that each athlete demonstrates proper form and technique with all exercises while also developing camaraderie among our athletes.

Our comprehensive training program emphasizes all elements of athletic performance, including strength, explosive power, speed, agility, balance, conditioning and flexibility, while also addressing any specific needs of the individual athlete.

## ATHLETE MEMBERSHIP HOURS

MONDAYS – FRIDAYS

3pm – 8pm

SATURDAYS

8am – 12pm

	MONTHLY	3 - MONTH	6 - MONTH
<b>4 SESSIONS</b>	<b>\$149</b>	<b>\$139</b>	<b>\$129</b>
<b>8 SESSIONS</b> <i>Includes: Athlete Membership</i>	<b>\$279</b>	<b>\$249</b> <i>Save over 20%</i>	<b>\$239</b> <i>Save over 30%</i>
<b>12 SESSIONS</b> <i>Includes: Athlete Membership</i>	<b>\$399</b>	<b>\$329</b> <i>Save over 25%</i>	<b>\$309</b> <i>Save over 35%</i>

ALL Program Pricing based on a 4 week month and EFT Agreement.  
Drop in Rate - \$40/session