

OUR PROGRAMS

All memberships include:

Initial athlete assessment | Access to online training content | Progress reports

YOUTH ATHLETES (AGES 8-11) - SPARK PROGRAM

Every flame starts with a spark. The SPARK program is where young athletes discover their love for training and begin their journey to greatness. Through fun, game-based learning, we ignite passion for athletics while building the foundational movement skills that every sport demands.

Basic Membership - \$299/month

- 2 classes per week
- 4 open gym sessions per month

Unlimited Membership - \$399/month

- Unlimited classes per week
 - Unlimited open gym access
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ADVANCED ATHLETES (AGES 12-14) - FIRE PROGRAM

The spark has caught fire. FIRE athletes are in the transformation stage—where dedication meets development. Training intensifies, skills sharpen, and mental toughness is forged. This is where young athletes turn potential into performance.

Basic Membership - \$349/month

- 2 classes per week
- 4 open gym sessions per month
- Full recovery room access

Unlimited Membership - \$449/month

- Unlimited classes per week
 - Unlimited open gym access
 - Full recovery room access
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ELITE ATHLETES (AGES 15-18) - STEEL PROGRAM

Tested by fire, hardened through work, refined through repetition—STEEL athletes emerge ready for the next level. This is elite training for serious athletes preparing for college recruitment, professional aspirations, or simply becoming the absolute best version of themselves.

Basic Membership - \$349/month

- 2 classes per week
- 4 open gym sessions per month
- Full recovery room access

Unlimited Membership - \$449/month

- Unlimited classes per week
 - Unlimited open gym access
 - Full recovery room access
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DROP-IN (ALL-AGES) - 10-CLASS PUNCH CARD

- Flexible scheduling for 10 classes
- Initial athlete assessment included
- Additional assessments available for purchase
- No recurring commitment

