

WHO WE ARE

Built by a team with expertise in sports performance, athletic rehabilitation, and basketball training at both the D1 and NBA levels, Forge Performance Lab is a cutting-edge athletic development center working to redefine the standard of basketball and sports training. Our mission is to develop exceptional athletes and forge resilient character, on and off the court.



**ELITE SKILLS
TRAINING**



**STRENGTH &
CONDITIONING**



**INJURY-PREVENTIVE
REHAB**

WHAT WE DO

Our expert-led methodology is designed to address the entire athlete—their body, their mind, and their skills. Using our comprehensive, data-driven system, we create a personalized Player Plan, ensuring each individual has a clear path to achieving their goals.

1

INITIAL BASELINE ASSESSMENT

The journey begins with a comprehensive evaluation of the athlete's baseline physical performance and on-court skills.

2

THE PLAYER PLAN

The Player Plan is a personalized roadmap with specific goals, benchmarks, and a clear path to achieving them.

3

THE FORGE EXPERIENCE

Athletes work through their Player Plan with skills training, performance sessions, and recovery.

4

DATA-DRIVEN REASSESSMENT

Periodic check-ins help athletes and coaches measure progress, celebrate victories, and adjust the Player Plan as needed.

WHAT'S NEXT?



Scan the QR code to sign up for our newsletter and get exclusive updates on our journey to opening Forge.

COMING EARLY 2026



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

