

PERFORMANCE TRAINING



Training Programs and Prices

<https://impactathleticsny.com/fitness/training>

(518) 579-4000

Athletic Performance Training

Semi-private

Ages 10+

Our process starts with a 30-minute complementary consultation with our Certified Strength and Conditioning Specialist discussing the athlete's training goals and their prior training experience. In order to create the most sport-specific type of adaptation throughout their time training at Impact, the thoughtful consideration to the demands of the sport and the athlete's goals will remain at the forefront of the programming. Using our state-of-the-art facility, we are able to help athletes push themselves to heights they never knew existed. The combination of strategic exercise progressions, thorough coaching, and scientifically proven progressive overload will lead to a healthier, stronger, faster, and more confident athlete.

Every athlete can expect attention to all areas of athletic performance including:

- Strength
- Power
- Speed
- Conditioning
- Core Strength
- Mobility/Flexibility
- Proprioception and Body Awareness
- Nutrition
- Mental Wellness

Athletic Performance Training - Pricing (15% sibling discount available)

Unlimited Monthly	\$300/month (Auto-Renewal)
1 Session	\$40
5 Session Pack	\$150
10 Session Pack	\$250
12 Session Pack	\$275

Group Athletic Performance Training

(2+ people)

1

Revised 4/4/22

visit: <https://impactathleticsny.com/fitness/training>

Prices subject to change at any time.

One session per day, maximum of 5 sessions per week.



Age 10+

Coaching in the collegiate setting for over five years, our staff is excited to welcome groups that desire real, scientifically backed training with detailed programming. This option is excellent for groups of friends and/or school, AAU and Club teams. *Group Athletic Performance Training* at Impact will mimic what a college weight room training session looks like in order to prepare athletes for the next level and get a leg up on their competition. *Group Athletic Performance Training* will give the athletes an opportunity to receive thorough attention from our elite performance staff while also building camaraderie with their teammates. Modifications will be made for athletes with lingering injuries. This program also includes a group nutrition education session with our staff. IAC Performance is not responsible for forming your training group. If purchasing this package, the client must establish or join an existing group. This package cannot be used for individual training sessions.

Every team can expect attention to all areas of athletic performance including:

- Strength
- Power
- Speed
- Conditioning
- Core Strength
- Mobility/Flexibility
- Proprioception and Body Awareness
- Nutrition
- Mental Wellness
- Team Building

Group Athletic Performance Training - Pricing (15% sibling discount available)

School/AAU/Club Team	Contact Coach Smalley for details/pricing
Unlimited Monthly	\$225/month (Per Person) (Auto-Renewal)
Group 5 Pack	\$100 (Per Person)
Group 10 Pack	\$175 (Per Person)
Group 12 Pack	\$200 (Per Person)

Adult Personal Training

Individual

Age 21+

2

Revised 4/4/22

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Prices subject to change at any time.

One session per day, maximum of 5 sessions per week.



Our *Adult Personal Training* programming is always based on the client's goals. Once a client chooses this option, they will sit down with one of our Certified Performance Coaches and discuss what they are trying to improve. Our holistic view of health and wellness drives how we connect with each client. After a full movement screening, we will discuss the client's health history and identify areas where improvement can be made. We then create a personalized training program based on the individual's goals, prior training experience, and health history.

This program includes but is not limited to:

- Learning to train pain free
- Strength
- Weight Loss
- Improved Mobility/Flexibility
- Conditioning
- Mental Wellness

Adult Personal Training - Pricing

Unlimited Monthly	\$325/month (Auto-Renewal)
1 Session	\$40
5 Session Pack	\$175
10 Session Pack	\$250
12 Session Pack	\$300

Active Recovery Session with Certified Strength and Conditioning Specialist
Individual
Age 10+

At Impact, recovery is a valued part of athletic performance. On an individual basis, athletes can sign up for sessions with our Certified Strength and Conditioning Specialist for soft fascia tissue release using our therapy percussion gun and guided stretching to increase mobility.

Active Recovery Session - Pricing

30-minute session	\$30
1 Hour Session	\$50
5 Pack of 30-minute sessions	\$125
5 Pack of 1 Hour sessions	\$225

Vertimax Jump Program
Individual

3
Revised 4/4/22
visit: <https://impactathleticsny.com/fitness/training>
Prices subject to change at any time.
One session per day, maximum of 5 sessions per week.



Athletes choosing the *VertiMax Jump Program* will be given an individual training program using the highly effective VertiMax Jump Training System. The VertiMax allows an athlete to maximize both explosive leg power and arm swing velocity to boost the vertical lift component which leads to exceptional vertical jump performance improvement. The ability to maximize explosive leg power will transfer to significant improvement in other critical sports performance parameters such as first step quickness and overall speed.

Vertimax Jump Program - Pricing

30-minute session	\$40
5 Pack of 30-minute sessions	\$175
10 Pack of 30-minute sessions	\$225

Golf Performance Package

This package includes a 30-minute consultation with a Certified Strength and Conditioning Specialist to address your physical condition and determine your path forward. In addition, a 30-minute consultation in our Golf Simulator Suite is completed to determine your baseline swing metrics, waist and chest measurements, and grip strength. Clients receive guided strength and conditioning programs designed by our in-house CSCS to be completed independently in order to improve their overall strength, fitness, and swing speed. The four-week programs include 3 workouts to be completed per week. At the conclusion of the 4-week program, re-testing of baseline measurements occurs to show tangible improvements.

Swing-specific measurements include:

- Swing speed
- Ball speed
- Distance carried
- Distance traveled

Golf metrics are tested using four different clubs of your choice.

Golf Performance Package - Pricing

\$89 per month (For best results, a minimum of 3 months is recommended.)

