

Gagneau Performance Training

Pricing for Services

Strength & Conditioning Options

Personal and Small Group (2-4 Athletes) Training	
1 on 1 Training	2-4 Athletes
30min. Session: \$30	30min. Session: \$20/person
60min. Session: \$50	60min. Session: \$30/person

Team Training (5+ Athletes)		
30 min Session Cost: \$85	45 min Session Cost: \$125	60 min Session Cost: \$160
Speed and Agility Body Weight Core Training Basic Body Awareness Balance and Coordination	Speed and Agility Intro to Weighted Core Training Resistance Training HIIT Style Conditioning	Speed, Agility, and Mobility Advanced Core Training Advanced Strength Training Sport Specific Conditioning

On-Ice Options (Powerskating or Skill Work)

On-Ice Private Sessions (Additional ice cost of \$50/hr)	
30min. Sessions: \$35	60min. Sessions: \$60

On Ice Small Group Sessions (2-4 Athletes, Additional ice cost of \$50/hr)	
30min. Sessions: \$25 ea.	60min. Sessions: \$40 ea.

On Ice Team Training Sessions (5+ Athletes, ice cost not included)	
60min. Sessions: \$125	80min. Sessions: \$175