



(602) 358-8862

7645 E Evans Rd, Suite #140
Scottsdale, AZ 85260

info@efficientmovement.com

Efficient Movement is dedicated to
Achieving Superior Athletic Results!

Efficient Movement is known for the substantial results athletes achieve while training with the Sports Performance experts at Efficient Movement. We have found, athletes that get more individualized attention from our knowledgeable trainers, have greater results in significantly less time. Therefore, our programs are tailored to more one-on-one time, with affordable prices and more opportunity to be in the environment of our experts.

Efficient Movement's business is a referral base business. We like to reward our clients for spreading the word about the importance of youth & high school athletes, at all skill levels, to train with the experts at Efficient Movement. We will give you a \$50 Credit for every new paying client you refer to us. Please help us spread the word about the importance of Efficient Movement being a part of any athlete pursuing a college scholarship or just simply wants to be free of injuries!

4-week Membership Packages include:

- * Auto-debited from credit card on file every 4 weeks
- * 12 week commitment required
- * After 24 continual weeks, you receive a 10% discount on renewing or upgrading package
- * After 52 continual weeks, you receive another 10% discount on renewing or upgrading package
- * You snooze, you lose...full charge each month, whether you utilize your membership or not
- * Additional sessions: This involves very little attention from our trainers, but you will be working out in the environment of our trainer(s) to ensure safety and exercise selection
- * All Packages include on-going nutrition counseling and minor injury care

SPORTS PERFORMANCE A LA CARTE

1-on-1 Session \$80/hour

Partner Sessions \$40/person/hour

You must provide your training partner. Will be billed \$80 if there is not a partner training with you. Will allow up to 4 athletes training at once.

Full Nutrition evaluation & detailed plan \$100

Sibling Discount – 5% Discount/person

SPORTS PERFORMANCE

Bronze Medal Package \$160/4 weeks

2x/month individual sessions

4 additional sessions

Silver Medal Package \$300/4 weeks

1x/week individual sessions

2 additional sessions/week

Gold Medal Package \$440/4 weeks

2x/week individual sessions

2 additional sessions/week

In-Season Maintenance Package \$50/4wks

Four 30 minute maintenance sessions & unlimited injury assessments

INJURY CARE/THERAPY

Full Body Assessment \$120
(includes Home Exercise Program)

20-Minute Quick Evaluation \$40

30-Minute Hands-On Therapy \$40

60-Minute Hands-On Therapy \$80

90-Minute Hands-On Therapy \$120

Foam Rolls, Tiger Tails, Mini-Bands and other home exercise tools available upon request.

ADULT FITNESS

Group Fitness Package \$120/4 weeks

(Two 1-hour Group Classes per week available)

Individual Group Fitness Session \$25/hour

1-on-1 Personal Training \$100/hour

In Home 1-on-1 Personal Training \$120/hour

Partner Session \$50/person/hour

You must provide your training partner. Will be billed \$100 if there is not a partner training with you.)

Additional Gym Use \$15/Hour

This involves very little attention from our trainers, but you will be working out in the environment of our trainer(s) to ensure safety and exercise selection