



# IRON COURTS

TRAIN. RECOVER. PERFORM.

## Training Prices\*

(Member / Non-Member)

### Performance Training

(One Session)

- Howard Elite or Youth Elite Training Class - 60 mins
- Performance Training or Adult Fitness Class - 60 mins
- Speed and Vertical Jump Class - 60 mins

\$25 / \$35  
 \$25 / \$35  
 \$25 / \$35

**Performance  
 12 Sessions  
 \$225 / \$250**  
 (Member / Non-Member)

### Basketball Skills Training

- Basketball for Beginners (3-6yo) - 60 mins
- Basketball Skills Rookie (Min Exp, < 1-2 yrs) - 60 mins
- Basketball Skills Junior (Mod Exp, 2-5 yrs) - 60 mins
- Basketball Skills Elite (Very Exp, > 5 yrs) - 60 mins

\$25 / \$35  
 \$25 / \$35  
 \$25 / \$35  
 \$25 / \$35

**Basketball  
 10 Sessions  
 \$225 / \$300**  
 (Member / Non-Member)

### Basketball Clinics

- Shooting Clinic - 60 mins
- Dribble / Attack Clinic - 60 mins
- Advanced Concepts Clinic - 60 mins
- Guard / Wing / Post Specific Clinic - 60 mins

\$25 / \$35  
 \$25 / \$35  
 \$25 / \$35  
 \$25 / \$35

### Custom Training

- Custom Basketball Training (1 on 1) - 60 mins
- Additional athletes \$45/athlete (up to 3 total)
- Custom Performance Training (1 on 1) - 60 mins
- Additional athletes \$20/athletes (up to 4 total)

\$85 / \$95  
 \$90 / \$100

**Custom  
 Training  
 Packages  
 Available**

### Strength Training **\*\*Options in box Not included in Membership**

- Proteus Strength and Power Training - 30 mins
- Neuro Reaction Time Training - 30 mins

\$30 / \$40  
 \$30 / \$40

### EMS Training

- Resistance Training - 30 mins
- Explosive Strength Training - 30 mins
- Endurance Training - 30 mins

\$30 / \$40  
 \$30 / \$40  
 \$30 / \$40

### Testing (Athlete Report Card)

- Athletic Performance Test - 30 mins

\$99 / \$119

### Court Rental

- Shooting Gun / Half Court Rental - 30 mins
- Basketball Half Court Rental - 60 mins

\$35 / \$40  
 \$40 / \$50

## \*Ask about our Memberships to Save Money

Varsity Membership - Weekly Wednesday Basketball Skills Class - \$125/mo

D1 Membership - Eight Classes in Basketball or Performance per Month - \$199/mo

Pro Membership - Four One on One Custom Basketball Trainings per Month - \$299/mo

Unlimited Performance Training Membership - \$150/mo (All memberships 3 mo min)