

REDLINE ATHLETICS™



TEAM FIRST

Building Leaders Through Athletics

Semi-Private Membership

Membership:	Monthly Rate:
3 Months Unlimited	\$199 \$129
6 Months Unlimited	\$169 \$129
12 Months Unlimited	\$149 \$129

- ❖ RedLine Semi-Private Membership is an all-inclusive membership that allows members to get speed, agility, strength, conditioning, and sports specific skills training each session attended. Members are welcome to come as frequent as they please. Approx. 60-90 min/session.
- ❖ Drop in- **\$20**

RedLine Fundamentals™

Membership:	Monthly Rate:
M2M 2x a week	\$75 \$60

- ❖ RedLine Fundamentals is an introductory level program designed to equip athletes with the basic foundations of movement in speed & agility along with teaching proper technique in strength development movements. Sessions are 60-75 min long which include dynamic movement prep, S&A training, and a general HIIT workout.

H.A.M. (Healthy Active Mobile) Adult Classes

Membership:	Rate:
12 sessions	\$120 \$102
8 Sessions	\$99 \$85
4 Sessions	\$60 \$50
3-month Unlimited Contract	\$80/month

- ❖ Sessions run Monday, Wednesday, & Friday at 5am, 6am, 7am, & 6:30pm. Saturdays at 9am & 10 am.
- ❖ Classes consist of a variety of multi functional workouts. Approx. 60 min/ session.
- ❖ Drop in Rate - **\$20**

Team First Educational Services

Membership	Monthly Rate:
8 Sessions	\$50

The mission of the T1 Champion Program is to promote student-athletes' ownership of their academic, athletic, career, family and community responsibilities. The Program is designed to focus on the comprehensive development of the student-athlete and to prepare student-athletes for the challenges of life beyond the playing field.

Semi-Private Classes begin every hour on the hour. Last session is 1 hour prior to listed closing time.

Hours of Operation:

Mon-Thurs: 2:00pm – 9:00pm

Fri: 2:00pm – 7:00pm

Sat: 9:00am – 2:00pm

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