

Seattle Select Conditioning and R3BAR package.

\$90 a month for 4 sessions. Available every THURSDAY, during three separate 30 minute windows.

30 minute session drop in fee for \$25.

Full 1 hour sessions are available outside of Seattle Select windows. (Text me for scheduling and pricing)

Session 1: 5:45pm-6:15pm

*(6:20pm-6:40pm; Seattle Select agility, core, quickness, injury reduction workout.)

Session 2: 6:45pm-7:15pm

Session 3: 7:15pm-7:45pm

For organization and communications, please confirm ALL SESSIONS Sunday and or Monday, before the practice training week.

Text your name and which session window you or your athlete will attend. I am looking forward to connecting.