

EMP PERFORMANCE PRICE LIST

TIER 1

- Unlimited access to all our classes
- Access to all EMP training programs via phone app
- Open gym access anytime
- Free EMP shirt
- Free EMP Educational Ebooks
- 12 week goal setting accountability
- Access to EMP community coaching group
- Access to EMP education videos, accountability tasks and challenges
- Supportive and strong culture of like minded individuals
- + 1 x 45 minute PT session/ week

\$120/WK

TIER 2

- Unlimited access to all our classes
- Access to all EMP training programs via phone app
- Open gym access anytime
- Free EMP shirt
- Free EMP Educational Ebooks
- 12 week goal setting accountability
- Access to EMP community coaching group
- Access to EMP education videos, accountability tasks and challenges
- Supportive and strong culture of like minded individuals

***\$50/WK (STUDENTS 16+/FRONTLINE WORKERS)**

\$60/WK

OTHER

2 x group class /week membership
\$40/WK

45 minute personal training session
\$80

Casual visit
\$25

Youth Performance program
1 SESSION- \$25/WK
2 SESSIONS- \$40/WK