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Offered at: Cardiac Rehab Randolph, 3030 Randolph Rd #105, Charlotte, NC 28211



# PRIME

SPORTS PERFORMANCE AT CAROLINAS REHABILITATION

## *Building the Foundations of Athletic Success*

ACL Injury Prevention  
Program for  
Female Athletes  
(Ages 14+)

Group Rate (3-5) - \$265/person  
Group Rate (6-10) \$250/person  
20 Sessions (8 Weeks)  
(Pre & Post Testing + 18 Sessions)

Collegiate  
Prep Program for  
College-Bound Athletes  
(High School Seniors-College Athletes)

Monthly Cost \$130.00  
(Group Based)

Speed, Agility, & Conditioning  
Program  
Agility Testing Skill Program  
(Ages 14+)

12 Sessions \$175/Person  
(3 Sessions/ Week)  
(Group Based)

Year-Round Programming for  
Multi-Sport Athlete  
(Ages 16+)

Price Individualized  
Based on Athlete's Needs

Individualized  
One-on-One Training  
(Ages 10+)

Performance Evaluation.....\$45  
One Time Exercise Evaluation.....\$55  
Six 1-on-1 Session.....\$295  
Twelve 1-on-1 Sessions.....\$540

