



WELCOME TO ACTUALIZE SPORTS & FITNESS

Everybody wants to actualize his or her purpose and potential. But most do not understand nor are rarely given the tools to achieve safe, effective and sustainable success over time.

The process of actualizing purpose and potential begins when your desire meets an intentionality to move forward, and the discipline of undergoing the rigors required is valued and pursued with the tools to make it happen.

You bring the desire, intentionality and discipline, and we arm you with the plan and tools which educate, encourage and empower you every step of the way.

- Blaine Davidson - Owner & Head Performance Enhancement Coach

Actualize Sports & Fitness is North Central Washington's premier performance enhancement training, health and nutrition, and mental achievement coaching center. We exist to educate, encourage and empower Actualize Sports (competitive athletes, teams and coaches) & Actualize Fitness (fitness enthusiasts) clients to actualize their unique purpose and potential in sports, fitness, health, nutrition and life.

ACTUALIZE SPORTS (AS) MEMBERSHIP PRICING

AS ESSENTIALS MEMBERSHIP (3 levels available)

1. **Discover** to Actualize Your Purpose & Potential (Ages 6-9)
2. **Prepare** to Actualize Your Purpose & Potential (Ages 10-13)
3. **Actualize** Your Purpose & Potential (Ages 14+)

One-Time Enrollment Fee (\$69) + AS Essentials Quarterly Membership Price
Essentials (**Discover**): 3-Month Membership: \$20 per 1hr session, 2 per week
Essentials (**Prepare**): 3-Month Membership: \$20 per 1hr session, 2 per week
Essentials (**Actualize**): 3-Month Membership: \$25 per 1.5hr session, 3 per week

Based on a minimum 3-month commitment to train 2-3 days per week. New AS Essentials group training begins the first week of each quarter (December, March, June, September)

AS SEMI-CUSTOM MEMBERSHIP

One-Time Enrollment Fee (\$69) + AS Semi-Custom group membership price
2-Client Rate: \$65 Per Person Per 1.5hr Session
3-Client Rate: \$50 Per Person Per 1.5hr Session
4-Client Rate: \$45 Per Person Per 1.5hr Session
5-Client Rate: \$40 Per Person Per 1.5hr Session
6-Client Rate: \$35 Per Person Per 1.5hr Session

AS INDIVIDUAL MEMBERSHIP

One-Time Enrollment Fee (\$69) + AS Individualized membership price
1-Athlete Rate: \$90 Per 1-1.5hr Session for Coach Blaine & \$75 Per 1-1.5hr Session for Other Coaches

AS TEAM OR GROUP MEMBERSHIP

One-Time Enrollment Fee (\$500) + AS Team or Group Membership Price
25+-Athletes Rate: \$8 Per 1.5-2hr Session
Teams less than 25 athletes: call for pricing

AS BASIC MEMBERSHIP \$59/month

One-Time Enrollment Fee (\$69) waived if you are already an AS Semi-Custom or AS Individual client

ACTUALIZE SPORTS (AS) MEMBERSHIPS

	AS ESSENTIALS	AS SEMI-CUSTOM	AS INDIVIDUAL	AS TEAM OR GROUP	AS BASIC **
AS Getting Started Package	- 10% off first purchase - Access to Actualize University - Training Binder	- 15% off first purchase - Access to Actualize University - Training Binder	- 15% off first purchase - Access to Actualize University - Training Binder	- 10% off first purchase - Access to Actualize University - Training Binder	
Introduction to AS Meeting & Facility Tour	X	X	X	X	
AS Fitness, Health & Nutrition Assessment	X	X	X	X	
AS Nutrition Package	- Athlete & Parent Nutrition Seminar - Nutrition guide, tools & resources - Accountability & support	- Athlete & Parent Nutrition Seminar - Quarterly individualized meal & supplement plan - Nutrition guide, tools & resources - Accountability & support	- Athlete & Parent Nutrition Seminar - Quarterly individualized meal & supplement plan - Nutrition guide, tools & resources - Accountability & support	- Team, Athlete & Parent Nutrition Seminar - Nutrition guide, tools & resources - Accountability & support	
InBody270 Body Composition Testing & Report	1 Quarterly	Unlimited	Unlimited	Before & After	
Personal Training & Programming			1-on-1		
AS Group Training & Programming	- Essentials - up to 12 athletes & 1 coach	Small Group (2-6 athletes)		X	
AS Strength & Performance Combine Testing	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited
Progress Reporting via Actualized Sports Athlete Page	X	X	X	x	x
Mental Achievement Coaching	X	X	X	X	X
Unlimited Access to AS Facility *		X	X		X

* Access to AS facility Monday - Friday 6:00 am - 7:00 pm ** AS Basic Membership only available to AS Custom Program Design clients, or past AF Semi-Custom or AS Individual Memberships