



Next Generation Training Center is the perfect setting for any athlete that is looking to get the most out of their athletic ability. Whether you are an athlete in Elementary School or preparing to take the next jump into High School or College athletics.

At Next Generation Training Center, you will find an atmosphere that combines extensive knowledge and cutting edge training principles with the professional attitude usually seen only with professional teams. Our program is an affordable, one-stop shop for any athlete looking to make the most of a career in sports.

Every athlete walks out knowing that they have improved in many different areas...areas like CONFIDENCE, SPEED, POWER, and EXPLOSIVENESS...while at the same time working on staying INJURY FREE.

This is YOUR chance to train like a professional...This is YOUR time to get the proper training that you deserve.

***Training is available year round. For more information, please contact Rich Mejias at rich@nextgenerationtc.com or give him a call at 845-641-1549.***

## 2015 PRICE LIST

### Elite Sports Performance Membership

3-Months of Unlimited Training and for  
**\$299.00** per month (EFT)

### Package Pricing

10 Sessions = **\$350.00** Savings \$100.00  
20 Sessions = **\$600.00** Savings \$300.00  
30 Sessions = **\$750.00** Savings \$600.00