



# PACIFIC COAST ATHLETIC CLUB

WHERE ALL ATHLETES COME TO TRAIN

FITNESS + BATTING CAGES + SPORTS ANALYTICS + RETAIL

## MEMBERSHIPS

### FITNESS ONLY

#### MEMBERSHIPS:

TYPE	MONTHLY DUES	INITIATION FEE
Juniors	\$45	\$50
Teens	\$75	\$50
Adults	\$105	\$50
Parent Add-on	\$50	\$0

#### DETAILS

- 1 Complimentary body composition analyses with InBody 270 (per month, unused sessions do NOT rollover)
- 20% off retail and merchandise
- 10% off fitness classes
- 1 Complimentary Guest Pass (per month, unused passes do NOT rollover)

### CAGES ONLY

#### MEMBERSHIPS:

TYPE	MONTHLY DUES	INITIATION FEE
Cages 60	\$175	\$50
Cages 45	\$135	\$50
Cages 30	\$120	\$50

#### DETAILS

- Cage rentals vary by membership
- 20% off retail & merchandise
- 10% off sports technology rental and additional cage rentals (does NOT apply to pre-discounted cage packages)
- Unused rental sessions do NOT rollover
- Does NOT include access to fitness floor

### CAGES + FITNESS

#### MEMBERSHIPS:

TYPE	MONTHLY DUES	INITIATION FEE
Premium 60	\$230	\$50
Premium 45	\$190	\$50
Premium 30	\$175	\$50
Teen Starter	\$125	\$50
Junior Starter	\$85	\$50

#### DETAILS

- Cage rentals vary by membership
- 20% off retail and merchandise
- 10% off fitness classes, sports technology rental and additional cage rentals (does NOT apply to pre-discounted cage packages)
- Full access to the fitness floor
- 1 Complimentary Guest Pass & InBody Assessment (per month, unused passes do NOT rollover)

## CAGES

### WALK-IN: CAGE RENTAL RATES

TYPE	FULL 70'	HALF 35'
15 Minutes	\$20	\$15
30 Minutes	\$35	\$25
45 Minutes	\$45	\$30
60 Minutes	\$55	\$35

#### DETAILS

- Includes access to velo machines, pitching mounds/mats, pitcher's pocket and tees.
- No more than 5 players to a cage.
- Half Cage Rentals are available for soft toss & tee lessons.
- Does NOT include access to the fitness floor.

### CAGE PACKAGES

QUANTITY	30 MIN	45 MIN	60 MIN
5 Pack	\$150	\$200	\$250
10 Pack	\$275	\$375	\$475
15 Pack	\$375	\$525	\$675

#### DETAILS

- Membership Discount does NOT apply to cage packages.
- Does NOT include access to the fitness floor.

### TEAM: CAGE RENTALS (PER HOUR)

2 CAGES	3 CAGES	4 CAGES
\$125	\$185	\$250

#### DETAILS

- Players are NOT required to have memberships.
- Cannot be reserved more than 10 days in advance.
- Does NOT include access to the fitness floor.

## FITNESS

### WALK-IN: FITNESS

TYPE	RATE
Juniors	\$15
Teens	\$20
Adults	\$25

#### DETAILS

- Access to fitness floor only.

## CLASSES

### PRIVATEES

#### ONE-ON-ONE STRENGTH TRAINING:

\$65

Ages: 10-18

\$80

Ages: 19+

### SMALL GROUP

#### YOUTH POWER HOUR:

\$25

Ages: 10-13  
Functional Movement  
3 Circuits: Strength, Speed & Endurance

### TEAMS

#### TEAM STRENGTH & SPEED TRAINING:

\$150

All Ages (Minimum of 8 Athletes required)

### HITTING LESSONS

#### BASEBALL & SOFTBALL HITTING INSTRUCTION:

\$60

FOR 30 MIN

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A division of the Twenty20 Athletic Club