



# PACIFIC COAST ATHLETIC CLUB

WHERE ALL ATHLETES COME TO TRAIN

FITNESS + BATTING CAGES + SPORTS ANALYTICS + RECOVERY

## MEMBERSHIPS

### FITNESS ONLY:

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

### FITNESS + CAGES:

TYPE	MONTHLY DUES	INITIATION FEE
Junior Starter	\$85	\$50
Teens Starter	\$125	\$50

#### 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 & strength training
- 1 Complimentary Guest Pass (per month, unused passes do NOT rollover)
- 3 Recovery Credits (per month, unused sessions do NOT rollover)
- Starter packs include (2) 30-min cage rentals per month

## FITNESS

### DROP-IN RATES:

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

#### DETAILS

- Access to fitness floor only.

## PRIVATE

### ONE-ON-ONE STRENGTH TRAINING:

\$90

Youth

\$125

Adult

## STRENGTH TRAINING PACKAGES

QUANTITY	YOUTH	ADULT
5 Pack	\$425	\$600
10 Pack	\$825	\$1175
15 Pack	\$1200	\$1725

#### DETAILS

- Membership Discount does not apply to packages.
- Please note expiration dates.

## CAGE RENTAL

### 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.
- 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 packages.
- Does NOT include access to the fitness floor.
- Please note expiration dates.

## HITTING LESSONS

### BASEBALL & SOFTBALL HITTING INSTRUCTION:

\$60

FOR 30 MIN

\$90

FOR 45 MIN

## LESSON PACKAGES

QUANTITY	30 MIN	45 MIN
5 Pack	\$275	\$425
10 Pack	\$525	\$825
15 Pack	\$750	\$1200

#### DETAILS

- Membership Discount does not apply to packages.
- Please note expiration dates.

## RAPSODO

\$20

## SMALL GROUP CLASSES

### YOUTH POWER HOUR:

\$25

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

### SPEED & AGILITY TRAINING

\$55

Ages: 13-18

## CLASS PACKAGES

QUANTITY	POWER	SPEED
5 Pack	\$100	\$250
10 Pack	\$175	\$475
15 Pack	\$225	\$675

#### DETAILS

- Membership Discount does not apply to packages.
- Please note expiration dates.

## RECOVERY SERVICES

COLD PLUNGE	\$25
COMPRESSION BOOTS	\$25
INFRARED LIGHT THERAPY	\$35

## RECOVERY PACKAGES

QUANTITY	CP/CB	ILT
5 Pack	\$100	\$150
10 Pack	\$175	\$275
15 Pack	\$225	\$375

#### DETAILS

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A division of the **Twenty20** Athletic Club