

TRIDENT ATHLETICS 2022 PRICE LIST

2022 MEMBERSHIP PRICES*

	Monthly	6 Mos	3 Mos
Unlimited	\$287.50	\$258.75	\$273.13
13 Classes	\$258.75	\$232.88	\$245.81
9 Classes	\$212.75	\$191.48	\$202.11
Drop In	\$30.00		
10 Class Pkg	\$275.00		

2022 MILITARY/LEO/TEACHERS* -15%

	Monthly	6 Mos	3 Mos
Unlimited	\$250.00	\$225.00	\$237.50
13 Classes	\$225.00	\$202.50	\$213.75
9 Classes	\$185.00	\$166.50	\$175.75
Drop In	\$27.00		
10 Class Pkg	\$250.00		

COUPLES MEMBERSHIP TOTALS*

	Monthly	6 Mos	3 Mos
Unlimited	\$488.75	\$439.88	\$464.31
13 Classes	\$439.88	\$395.89	\$417.88
9 Classes	\$361.68	\$325.51	\$343.59

MIL COUPLES MEMBERSHIP TOTALS*

	Monthly	6 Mos	3 Mos
Unlimited	\$450.00	\$405.00	\$427.50
13 Classes	\$405.00	\$364.50	\$384.75
9 Classes	\$333.00	\$299.70	\$316.35

* PRICES ARE PER MONTH

MORNING HOURS

Mon-Friday	5:15am-6:15am	
Mon-Friday	6:15am-7:15am	
Mon-Friday	7:15am-8:15am	
Mon-Friday	9:00am -10:00am	
Mon/Wed/Fri	12:30pm-1:30pm	

EVENING HOURS

Mon-Friday	4:30pm-5:30pm	
Mon-Friday	5:30pm-6:30pm	
Mon/Wed/Fri	6:30pm - 7:30pm	
Saturday	8, 9, 10am	

Morning Open Gym 5:15am - 7:15am; 7:00am - 9:00am

Reserve your spot on your ZenPlanner App -
Check in with a coach when you arrive.

Evening Open Gym 12:00 - 2:00pm; 4:30pm - 6:30pm;
6:30pm - 7:30pm

Reserve your spot on your ZenPlanner App -
Check in with a coach when you arrive.

SPECIALITY CLASSES

The Performance Lab by Andrea	8:00am Tues & Fri	Regular Fees
Barbell Club	Inquire within	\$40/mo
Olympic Lifting	6 Week Session	\$150

CLASS PACKAGES

Group Classes 10 Class Pack	All Classes	\$275 \$250 MIL/LEO
Personal Training	10 (1 Hr) Sessions 1 (1 Hr) Session	\$950 \$115
Personal Training	10 (45 min) Sessions 1 (45 min) Session	\$750 \$95
Personal Training	10 (1/2hr) Personal Sessions 1 (1/2 hr) Personal Session	\$550 \$75
Nutrition Consult	Please Inquire staff@tridentathleticsva.com	

30% fee for breaking contract.

There is a \$6.00 transaction fee for debit/credit card use, EFT/ACH is free.