

JR. STARS **NM Team Packages**

Powered by
Fitness X Inspire Culture
and
DAMEN
Optimal Health
& Fitness

By teaming up with Damen Optimal Health & Fitness your team will have access to their valuable athlete performance and recovery services.

Please contact Damen Optimal Health & Fitness (DOHT) at 519.205.0329 or fitness@damenoptimalhealth.com once you have chosen a package for your team.

STARTER PACKAGE (Total Value over \$1,000)

- 2 Months Gym Membership (coaches + players aged 10 & over)
OR Pre-concussion Testing (for all players)
 - 1 Stretching/Warm-up Session
- 2 Team Training Sessions with Inspire Culture
- Access to Inspire Culture App (data measuring/progress tracker)

PRO PACKAGE (Total Value over \$5,000)

- 6 Months Gym Membership (coaches + players aged 10 & over)
OR Pre-concussion Testing (for all players)
 - 2 Stretching/Warm-up Sessions
- 4 Team Training Sessions with Inspire Culture
 - 1 Team Pilates or Yoga Class
- 15 Personal Training Sessions with Inspire Culture
- Access to Inspire Culture App (data measuring/progress tracker)
 - Functional Movement Screens with DOHT

ELITE PACKAGE (Total Value over \$10,000)

- 6 Months Gym Membership (coaches + players aged 10 & over)
 - Pre-Concussion Testing (for all players)
 - Stretching/Warm-up Sessions
- 8 Team Training Sessions with Inspire Culture
 - 1 Team Pilates or Yoga Class
- 60 Personal Training Sessions with Inspire Culture
- Access to Inspire Culture App (data measuring/progress tracker)
 - Functional Movement Screens (for all players)

*Together we are helping Jr. Stars
recover stronger, train smarter, and perform their best.*