Certified Performance Coaches
Lamont Brightful BS ISSA
Zach Browne BS CSCS ACE
Morgan Fewel BS CSCS
Matt Bunday BS CSCS

2 sessions per week:
8 Sessions - $192
16 Sessions - $368
24 Sessions - $528

3 Sessions per week:
12 Sessions - $276
24 Sessions - $528
36 Sessions - $756

Prices are based on group training packages.
Minimum of 2 athletes per group.
Team and non-member pricing also available.

Learn the performance training secrets of top high school, collegiate, and pro athletes!

The cutting edge training methodologies used by XPLODE™ performance coaches offers optimal performance for athletes at all levels.

XPLODE™ training sessions focus on a dynamic warm up, acceleration, agility, top end speed, coordination, balance, power, flexibility, explosiveness and core strength. Each individual program is designed to benefit athletes of all sports.

I hated every minute of training, but I said “Don’t quit. Suffer now and live the rest of your life as a champion!”
— Muhammad Ali
XPLODE™ Strength & Conditioning

MEMBERSHIP AGREEMENT

1. A session consists of strength, speed, agility and quickness training.

2. Each session will last between 45 minutes to 1 hour depending on type of training session.

Athletes will meet at Columbia Basin Racquet Club (CBRC) 10-15 minutes prior to schedule training sessions. Athletes must check in with the front desk, sign the guest log in sheet, and present their XPLODE training pass. Athletes will only be allowed access to CBRC during designated training days and times and must be accompanied by an XPLODE coach at all times.

Cancellation of any training session must be done with the trainer at least twenty-four (24) hours prior to the scheduled time; otherwise, the athlete is charged for the training session. Failure to show for a scheduled training session will count as a session used.

The athletes’ signature is required at the beginning of each training session. The trainer will provide the sign-in.

ASSUMPTION OF RISK: ___________________________________ assumes any responsibility of and/all personal injury/damage which may be attributed to a program of physical exercise. I accept responsibility for requesting exercise assistance at Columbia Basin Racquet Club. To my knowledge, I do not have any limiting physical condition or disability, which would interfere with an exercise program. I have been informed of the need for a physician’s approval before participating in any exercise program. I am aware of the effect that taking any drugs or medications; including, but not limited to, alcohol, diet pills, cold medicine, tranquilizers, antidepressants, caffeine, beta blockers, diuretics, and anti-hypertensives, may have on exercise, especially heart rate, and I have discussed this with my doctor.

I agree that for the services of the XPLODE™ Strength & Conditioning Program, I promise to pay $________ plus tax upon signing this agreement which entitles me to a XLPODE Membership.

I understand that there are no cancellations or refunds and that the sessions are not transferable (initial to confirm agreement) ______________. I UNDERSTAND THAT I MAY CANCEL THIS CONTRACT WITHOUT PENALTY OR OBLIGATION WITHIN THREE (3) BUSINESS DAYS FROM THE DATE OF SIGNING BY GIVING WRITTEN NOTICE BY MAIL OR IN PERSON AT COLUMBIA BASIN RACQUET CLUB IN WHICH CASE I WILL BE ENTITLED TO A FULL REFUND OF ANY UN-USED SESSIONS.

Athlete’s Signature:_________________________ DATE:__________

Parent/Guardian Signature:_________________________ DATE:__________

Trainer Signature:_________________________ DATE:__________