

3N Sports Pricing

Pat Noles — Basketball Training

- **Individual Training** (1-3 players) - \$75 per hour or \$350 for a 5-hour package
- **Group Training (4-8 players)** - \$100 per hour
 - Group training must be paid up front in one transaction (no split payments)
- **Premier Training** (1-2 players) - \$150 per hour (Sundays only)
 - Each workout consists of two coaches. filmed workouts and pro style methods to better your game.

→ Contact info: 614.595.0276 or pnoles54@gmail.com

Delaney Cutteridge – Basketball Training

- **Individual Training** (1-3 players) - \$65 per hour, \$300/5 hours
- **Group Training** (4 player group) - \$80 per hour

→ Contact info: 614.832.8456

Jack Clement – Basketball & Personal Training

- **Individual Training** (1-3 players) - \$65 per hour, \$300/5 hours
- **Group Training** (4 player group) - \$80 per hour

→ Contact info: 937.441.8826 or jjclement25@gmail.com

Sam Nolan – Basketball & Personal Training

- **Individual Training** (1-3 players) - \$65 per hour, \$300/5 hours
- **Group Training** (4 player group) - \$80 per hour

→ Contact info: 614-353-2184 or snolan23@gmail.com

Conor McJoynt-Griffith – Personal Training

NOTE: every plan will come with nutritional assistance/guidance, and all sessions are an hour long

- **30-minute HIIT style session** - \$40
- **Strength, conditioning, speed and agility training, weight loss goals – 1-2 people**
 - Single session - \$60/hour
 - \$200 a month / 4 sessions per month
 - \$400 a month / 8 sessions per month
 - \$800 a month / 16 sessions per month
- **Strength, conditioning, speed and agility training, weight loss goals – 3-4 people**
 - Single session - \$30 per hour (per person)
 - \$300 a month for 4 sessions per month (pricing for group)
 - \$600 a month for 8 sessions per month (pricing for group)
 - \$900 a month for 16 sessions per month (pricing for group)

→ Contact info: 614-284-8321 or conordmg@gmail.com