



PACIFIC COAST ATHLETIC CLUB

WHERE ALL ATHLETES COME TO TRAIN

FITNESS + BATTING CAGES + SPORTS ANALYTICS + RETAIL

FITNESS ONLY

MEMBERSHIPS:

TYPE	MONTHLY DUES	INITIATION FEE
Juniors	\$45	\$50
Teens	\$75	\$50
Adults	\$105	\$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
- 1 Complimentary Guest Pass (per month, unused passes do NOT rollover)

INTRO TO THE WEIGHT ROOM: 75 MINUTES

\$35

Ages: 13+
Learn how to navigate the fitness floor and properly structure your workouts

SMALL GROUP TRAINING: 75 MINUTES

\$25

Ages: 10+
3 Circuits: Strength, Plyometrics, Cardio with Agility
Post Workout • Stretch & Foam Rolling

WALK-IN: FITNESS

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

DETAILS

- Access to fitness floor only.

InBODY 270 PACKAGES

QUANTITY	RATE
5 Pack	\$22
10 Pack	\$40
15 Pack	\$52

DETAILS

- InBody 270 is an advanced body composition analyzer.
- Membership discounts do NOT apply to InBody 270 packages.

CAGES + FITNESS

MEMBERSHIPS:

TYPE	MONTHLY DUES	INITIATION FEE
Junior Starter	\$85	\$50
Teen Starter	\$125	\$50
Premium 30	\$195	\$50
Premium 45	\$210	\$50
Premium 60	\$245	\$50

DETAILS

- Cage rentals vary by membership
- 20% off retail, 10% off swing assessment, sports technology rental and additional cage rentals (does NOT apply to pre-discounted cage packages).
- Complimentary Futures App subscription
- Full access to the fitness floor.
- 1 Complimentary Guest Pass

TEAM: CAGE RENTALS (PER HOUR)

TYPE	2 CAGES	3 CAGES	4 CAGES
Club Organization	\$125	\$175	\$250
Non-Profit Organization	\$100	\$150	\$225

DETAILS

- Players are NOT required to have memberships.
- Cannot be reserved more than 7 days in advance.
- Does NOT include access to the fitness floor.

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.
- No more than 5 players to a cage.
- 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	\$158	\$203	\$248
10 Pack	\$285	\$380	\$475
15 Pack	\$375	\$525	\$675

DETAILS

- Membership Discount do NOT apply to cage packages.
- Does NOT include access to the fitness floor.

PREMIUM SERVICES

ELITE STRENGTH TRAINING: 75 MINUTES

\$55

Ages: 16+
Learn how to become a stronger, more explosive athlete with sport-specific exercise programming

SWING ASSESSMENT: 60 MINUTES

\$90

Includes Cage Rental, Blast Motion, K-Vest, Rapsodo and a comprehensive Swing Analysis Report generated by our certified staff of professionals.

OTHER PREMIUM SERVICES

K-Vest/Rapsodo 3.0	\$20/session
Coach/Trainer Directory	\$10/month
InBody 270	\$5/analysis

DETAILS

- Directory is a subscription-based service for coaches and personal trainers to promote their business.
- InBody 270 is an advanced body composition analyzer

CLINIC & EVENT RENTALS

*Please contact us with inquiries.

MEMBERSHIPS ARE CATEGORIZED BY AGE:

Juniors are athletes 12 years of age or younger.
Teens are 13 to 17 years old.
Adults are 18 and older.

Juniors (ages 12 and under) must be accompanied by an adult (coach/trainer or parent) at all times.

Athletes are allowed to bring their own personal trainers or coaches into the club.
*Rules apply, inquire with management



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