



## **Private Training and Conditioning**

**Ski - Snowboard - Skate - Scooter - BMX/MTB  
Tumbling – Parkour – Slacklining - Personal Fitness**

Progrish offers various private training packages that are customized to fit each individual student, of any age. We'll sit down with you to understand your specific needs, goals, and any past or current injuries in order to customize the instruction you receive. Private lessons can accelerate and enhance skill development while overcoming obstacles in the learning process. They give students the chance to work intensively with their coach while receiving personalized instruction, immediate feedback, and detailed video analysis.

- Private individual lessons are priced at \$60 an hour, with a 10% discount if you sign up for multiple sessions.
- Private group lessons are priced at \$80 an hour, with an additional charge of \$10 per participant and a 10% discount if you sign up for multiple sessions.

We ask that all private sessions be booked at least 48 hours in advance by calling us at 720-441-2112, or emailing us at [info@progrish.com](mailto:info@progrish.com).