

# WELCOME TO ALTIUS SPORTS

PERFORMANCE & REHABILITATION

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# ALTIUS SPORTS

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### WELCOME TO ALTIUS

We know that you have many choices when it comes to pursuing your athletic and fitness goals, and we could not be more excited to welcome you into the ALTIUS Family! ALTIUS represents more than sports performance, wellness, and rehabilitation...**by choosing ALTIUS, you have taken the stand to raise the bar [higher], on and off the field/court.**

As you embark on this journey, we encourage you to take advantage of all that ALTIUS Performance has to offer. From athletic development and training, to nutrition and rehabilitation, we ask that you **bring your “A” game to every session. Great attitude, effort and coachability yield great results.** We promise that we will bring our “A” game as well, and that we will be developing, learning and striving for greatness right alongside you.

Get ready to boost your confidence, up your integrity, and master your leadership skills.

In choosing Altius, you are committing to be a lifelong learner as well as a leader. Be fearless in your dreams, creative in your problem solving, and relentless in your pursuits. Find confidence in knowing that **our team will be running with you, challenging you, encouraging you, developing you, and cheering for you every step of the way.**

We are beyond excited to have you on our team, but more importantly, as a part of our **F(A)mily.**

Onwards. Upwards. [Higher]. Always.

Win the Day!

The Altius Performance Team

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"Within a culture that promotes character, attitude, effort and coachability, our goal is to inspire, develop, equip and empower athletes of all ages for greatness in sport and life through the delivery of evidence-and-encouragement-based sport performance and rehabilitation programs."

# OUR MISSION

# ALTIUS

## MEET YOUR TEAM



**MATT YEGGE**

CEO, Physical Therapist, Trainer

*PT/DPT, CSCS, PES, CES*



**TRISTIAN TURNER**

Director of Performance

*CSCS, TSAC - F*



**MARSHALL KLITZKE**

Performance Specialist

*CSCS*



**KATHRYN SPRINGSTEEN**

Operations Manager  
Performance Specialist

*NASM CPT*



# SERVICES OFFERED

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## ONE - ON - ONE PRIVATE TRAINING

1-on-1 private training maximizes performance by addressing the individualized needs of each specific athlete through a 1-on-1 time with a performance trainer. Full biomechanical movement analysis, goal-setting, sport-specified movement pattern coaching, strength and power training, nutrition consulting and extended program design are built for each athlete.

Athlete progress and goals will be regularly assessed.

*5 pack session - \$475 or \$95 per session*

*10 pack session - \$900 or \$90 per session*

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## SEMI PRIVATE TRAINING / SMALL GROUP

Semi-Private Training effectively addresses multiple athletes by segmenting them within age and ability-specific small groups. Similar to 1-on-1 training, small group training offers program design based upon group biomechanics analysis, overall group needs, and sport-specific movement modalities. The athlete/trainer ratio is kept to a maximum of 6:1. Sessions are arranged with an individual performance specialist

*Partner Training per session - \$65/athletes*

*Small Group (3-6 athletes) per session - \$50/athletes*

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## PHYSICAL THERAPY

Whether you have a nagging pain, you are recovering from a recent surgery, you are feeling beat up post-competition and/or anything in between, Altius physical therapy and rehab will help you get back to your game and back to your life.

*45 minute sessions*

*\$100*



# SERVICES OFFERED

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## ADULT TRAINING

Whether your goal is to lean up, lose weight, bulk-up, achieve general fitness, or prepare for a competition, Altius can help! 1-on-1 and small group personal training sessions feature extended program design and nutritional consultation to help you reach and exceed your goals.

*One on One Sessions - \$90\*/100 per participants*

*Partner Session - \$60\*/\$65 per participants*

*Small Group Session (3-6 athletes) - \$50 per participants*

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## ADULT GROUP TRAINING

Regardless of age or ability, Altius Adult Training is for you. Our trainers will meet you where you are at and provide the workouts, resources and encouragement you need to help you become STRONG!

- Lean, Tone and Fat Burn!
- Improve Bone Health!
- Reduce Stress, Boost Mood, Mental Acuity, and Increase Energy!
- Injury prevention!

*M/W/F 6AM-7AM OR 11AM- 12PM GROUPS*

*NEW PARTICIPANTS FIRST WEEK FREE!!*

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**\*PACKAGES AND MONTHLY MEMBERSHIPS  
ARE AVAILABLE \***



# SERVICES OFFERED

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## TEAM TRAINING

Altius Team Training consists of fundamental components of strength, power, explosiveness, speed/movement mechanics, agility, flexibility, speed form, and balance and addresses team tendencies and weaknesses to optimize efficiency in sport-specific movements.

Altius Performance Specialists will design and implement a detailed performance schedule aiming to meet team goals and objectives while maximizing the performance and mechanics of each individual.

SEE PRICING BELOW

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## TEAM PRICING

### # of Athletes

60 min sessions/wk	6- 9 Athletes	10-15 Athletes	16-19 athletes	20-29 athletes	30-39 athletes	40+ athletes
1	\$35.00	\$30.00	\$25.00	\$20.00	\$17.50	\$15.00
2	\$30.00	\$25.00	\$20.00	\$17.50	\$15.00	\$12.50
3	\$25.00	\$20.00	\$17.50	\$15.00	\$12.50	\$10.00
4	\$25.00	\$20.00	\$17.50	\$15.00	\$12.50	\$10.00
5	\$25.00	\$20.00	\$17.50	\$15.00	\$12.50	\$10.00

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*\*If you must change or cancel an appointment. We respectfully request at least 24 hour notice. Cancellations or missed appointments without 24 hour notice will result in a charge of part or all of the service amount for that day\**

# ALTIUS

## WITH THORNE

ALTIUS is paired with Thorne Supplements their ambition is to empower individuals to live healthier for longer through personalized, scientific testing and solutions.

With a deep portfolio of personalized offerings – testing that provides individualized data, educational resources, and products that support specific health goals and needs – Thorne is here at every age and life stage.

SCAN BELOW TO GET DIRECTED TO OUR  
10% OFF CODE WITH ANY PURCHASE OF THORNE

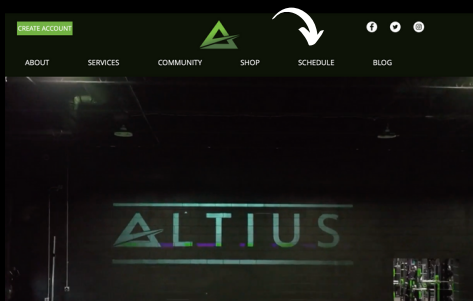




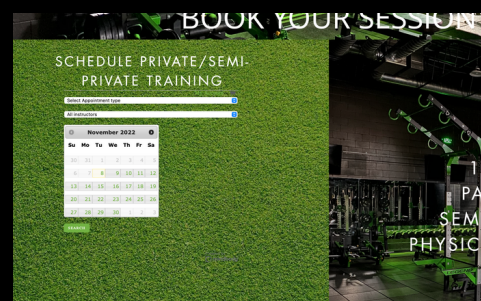
# SELF - SCHEDULING

[altiusmn.com](https://www.altiusmn.com)

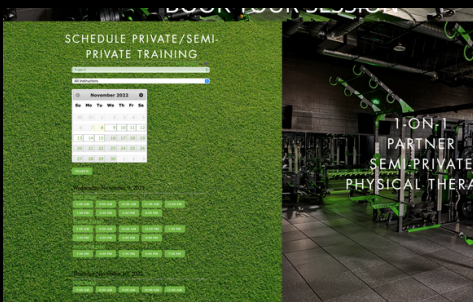
- 1.) Go to our website <https://www.altiusmn.com>
- 2.) Click on **schedule** on the top bar
- 3.) It will then take you to a page that says book your session
- 4.) If then you are looking to book a private appt. it will be on the top
- 5.) Select the type of appt. you would like with whichever trainer you would like
- 6.) It will then lead you to a calendar and you can choose a week starting from anywhere and it will give open times on a certain day with the trainer you chose
- 7.) Make sure you click the search button under the calendar!
- 8.) Pick a date and time
- 9.) Log in and you will be all set!
- 10.) Moving on to signing up with teams, scroll down farther on the book your session page
- 11.) Click book on whichever day and team you want to sign up for!



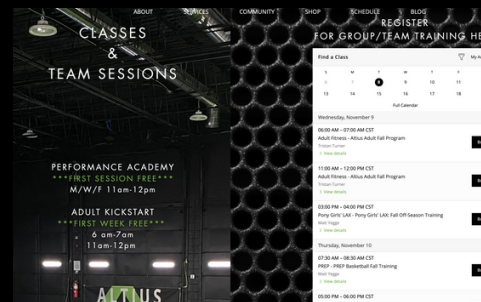
Steps 1-2



Steps 3-5



Steps 6-9



Steps 10-12

# ALTIOUS



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# NEXT STEPS



*Book Online*

We are so happy you'd like to be apart of our F▲mily. We are located at 14382 60th

St N Stillwater, MN

Phone (651)-342-0509

