



MONTHLY MEMBERSHIPS AND PACKAGES

Personal Training

\$900

~~\$1,020~~

12 1-hour sessions

- ✓ **Private Studio**
- ✓ **Balance**
- ✓ **Strength**
- ✓ **Cardio**
- ✓ **90 days to redeem!**

StretchCare

\$680

~~\$760~~

8 1-hour sessions

- ✓ **Private sessions**
- ✓ **Improve mobility**
- ✓ **Range of Motion**
- ✓ **Joint and muscle care**
- ✓ **90 days to redeem!**

Compression

\$200

~~\$700~~

Unlimited

30-minute sessions

- ✓ **Improve recovery**
- ✓ **Increase bloodflow**
- ✓ **Feels Amazing!**
- ✓ **Monthly Membership**

*All exercise programs are customizable and will be developed at the time of consultation.

SERVICES & PRICING



Core Services



Therapeutic Exercise



StretchCare



Vitality Booth



Compression Boots

Therapeutic Exercise

Initial Consultation \$150
Required for Therapeutic Exercise, Small Group Training, and StretchCare. Consult includes FREE 1-hour Discovery session.

One-on-one Exercise Training

One 60-Minute Session \$85
Package of 4 Sessions \$320
1 Hour sessions, expires in 30 days
Package of 12 Sessions \$900
1 Hour sessions, expires in 90 days

StretchCare

50-Minute Session \$95
25-Minute Session \$55
Package of 4 Sessions \$180
25-Minute sessions, expires in 60 days
Package of 8 Sessions \$680
50-Minute sessions, expires in 90 days

Vitality Booth - Red Light and Salt Therapy

20-Minute Session \$35
Package of 8 Sessions \$240
8 20-minute sessions, expires in 60 days
Unlimited Monthly Membership \$300

Compression Boots

15-Minute Session \$25
30-Minute Session \$35
Monthly Membership \$150
Unlimited 15-minute sessions

Ask about bundle pricing
and save more!