



MONTHLY 30 MINUTE MEMBERSHIPS

One Visit Per Week

\$150

30 Minute One-on-One

- ✓ **Monthly Progress Check**
- ✓ **Balance**
- ✓ **Strength**

Two Visits Per Week

\$225

30 Minute One-on-One

- ✓ **Monthly Progress Check**
- ✓ **Balance**
- ✓ **Strength**
- ✓ **Cardio**

Three Visits Per Week

\$300

30 Minute One-on-One

- ✓ **Monthly Progress Check**
- ✓ **Balance**
- ✓ **Strength**
- ✓ **Cardio**
- ✓ **Flexibility**

#bestdeal

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

SERVICES & PRICING



Core Services



Therapeutic Exercise



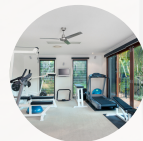
Small Group Training



Compression Boots



StretchCare



Studio Space

Ask about bundle pricing
and save more

Therapeutic Exercise

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

One-on-one Therapeutic Exercise

One Visit Per Week \$100

Two Visits Per Week \$180

1 Hour session with trainer, 2 times per week

Three Visits Per Week \$240

1 Hour session with trainer, 3 times per week

Group Therapeutic Exercise

One Visit Per Week \$125

Two Visits Per Week \$250

1 Hour session with trainer, 2 times per week

Three Visits Per Week \$375

1 Hour session with trainer, 3 times per week

Compression Boots - 15 Minute Sessions

Price Per Use \$10

Monthly Membership \$30

StretchCare

Price Per Session \$50

Monthly Membership \$200

25 Minute sessions, 2 times per week

Studio Space

Monthly Membership \$35

Daily, 1 hour private room with therapeutic exercise equipment