



From Pathology to Performance

## Services and Fees

### Orientation Series

Try us out! Designed to introduce you to training techniques specific to meeting your personal fitness goals.

<b>\$169</b>
30 minute fitness consultation, nutrition assessment and evaluation Two 60-minute training sessions.

### Personal Fitness Consultant

Individualized fitness and tracking for those who prefer to exercise independently but seek ongoing consultation to monitor their progress.

<b>\$350</b>
Custom fitness routines: 4 weeks Nutritional insights and monitoring.

### 30-min Sessions: One on One Personal Training

Make efficient use of your time when time is an issue!

### 45-min Sessions: One on One Personal Training

When 30 isn't enough but 60 is pushing it

### 60-min Sessions: One on One Personal Training

Personalized, intense, and goal oriented.

### Buddy Training (2 participants): 60-min

Help each other along the path to your goals.

<i>Certified</i>	<i>Senior</i>	<i>Master</i>	<i>Exec.</i>
<i>cost per session</i>			
<b>\$46</b>	<b>\$51</b>	<b>\$57</b>	<b>\$72</b>
Purchase 4 - 20 sessions			

<b>\$67</b>	<b>\$71</b>	<b>\$81</b>	<b>\$93</b>
Purchase 4 - 20 sessions			

<b>\$81</b>	<b>\$92</b>	<b>\$102</b>	<b>\$113</b>
Purchase 4 - 20 sessions			

<b>\$125</b>	<b>\$140</b>	<b>\$155</b>	<b>\$170</b>
\$62.50	\$70.00	\$77.50	\$85.00
<i>per person</i>			

### Group/Bulk Rate Personal Training Packages

25 Personal Fitness Training Sessions; Available in all session types.

30 min	<b>\$1,029</b>	<b>\$1,235</b>	<b>\$1,286</b>	<b>\$1,647</b>
45 min	<b>\$1,647</b>	<b>\$1,750</b>	<b>\$1,956</b>	<b>\$2,162</b>
60 min	<b>\$1,956</b>	<b>\$2,265</b>	<b>\$2,471</b>	<b>\$2,677</b>

### Athletic Development & Injury Prevention (ADIP) Program

Here is your opportunity to have a Professional in your corner to help you compete at the highest level.

<b>\$1,649</b>	<b>\$1,750</b>
PT Eval + 6 -12 weeks (12 sessions) treatment and/or training	

### Active Senior Rejuvenation Program (ASRP)

Individualized wellness and fitness program for active seniors (65 and older) focusing on strength, flexibility, and cardiovascular endurance.

30 min	60 min	60 min	60 min
<b>\$304</b>	<b>\$500</b>	<b>\$608</b>	<b>\$1,000</b>
<i>4 times per month (1x week)</i>		<i>8 times per month (2x week)</i>	

### Physical Therapy

#### Evaluation

Complete review of all body systems including exploration of differential diagnoses for the area to be treated.

<b>\$180</b>	<b>\$200</b>
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*Trigger Point Dry Needling (IMT) and/or Graston Technique and/or Short Treatment: 30 minutes*

<b>\$95</b>	<b>\$110</b>
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*Comprehensive Physical Therapy Treatment: 60 minutes*

Treatment length established at the discretion of your PT and physician

<b>\$149</b>	<b>\$180</b>
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*Tune Up: 60 minutes*

Best way to stay in charge of your health. Visits every 3 to 6 months for Complete review of all body systems.

<b>\$180</b>	<b>\$200</b>
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