



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.

\$159
One 30-minute fitness consultation & eval 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.

\$299
Individualized fitness routines: 4 weeks Nutritional insights and monitoring.

Sports Massage

Sometimes you just need a massage. We specialize in sports massage and corrective soft tissue work to treat pain & improve movement.

30 min	45 min	60 min
\$49	\$69	\$79

30-min Sessions: One on One Personal Training

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

Certified	Senior	Master	Exec.
<i>cost per session</i>			
\$45	\$49	\$55	\$70
Purchase 4 - 20 sessions			

45-min Sessions: One on One Personal Training

When 30 isn't enough but 60 is pushing it

\$65	\$69	\$79	\$90
Purchase 4 - 20 sessions			

60-min Sessions: One on One Personal Training

Personalized, intense, and goal oriented.

\$79	\$89	\$99	\$110
Purchase 4 - 20 sessions			

Buddy Training (2 participants): 60-min

Help each other along the path to your goals.

\$119	\$134	\$149	\$165
\$59.50	\$67.00	\$74.50	\$82.50
<i>per person</i>			

Group/Bulk Rate Personal Training Packages

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

30 min	\$999	\$1,199	\$1,249	\$1,599
45 min	\$1,599	\$1,699	\$1,899	\$2,099
60 min	\$1,899	\$2,199	\$2,399	\$2,599

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.

\$1,599	\$1,699
PT Eval + 6 weeks treatment and/or training	

Physical Therapy

Evaluation

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

\$175	\$195
--------------	--------------

Trigger Point Dry Needling (IMT) and/or Short Treatment: 30 minutes

\$89	\$99
-------------	-------------

Comprehensive Physical Therapy Treatment: 60 minutes

Treatment length established at the discretion of your PT and physician

\$145	\$175
--------------	--------------

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.

\$175	\$195
--------------	--------------