



*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>\$159</b>
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.

<b>\$299</b>
Individualized 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>\$45</b>	<b>\$49</b>	<b>\$55</b>	<b>\$70</b>
Purchase 4 - 20 sessions			
<b>\$65</b>	<b>\$69</b>	<b>\$79</b>	<b>\$90</b>
Purchase 4 - 20 sessions			
<b>\$79</b>	<b>\$89</b>	<b>\$99</b>	<b>\$110</b>
Purchase 4 - 20 sessions			
<b>\$119</b> \$59.50	<b>\$134</b> \$67.00	<b>\$149</b> \$74.50	<b>\$165</b> \$82.50
<i>per person</i>			

### Group/Bulk Rate Personal Training Packages

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

30 min	<b>\$999</b>	<b>\$1,199</b>	<b>\$1,249</b>	<b>\$1,599</b>
45 min	<b>\$1,599</b>	<b>\$1,699</b>	<b>\$1,899</b>	<b>\$2,099</b>
60 min	<b>\$1,899</b>	<b>\$2,199</b>	<b>\$2,399</b>	<b>\$2,599</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>\$1,599</b>	<b>\$1,699</b>
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.

<b>\$175</b>	<b>\$195</b>
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#### *Trigger Point Dry Needling (IMT) and/or Short Treatment: 30 minutes*

<b>\$89</b>	<b>\$99</b>
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#### *Comprehensive Physical Therapy Treatment: 60 minutes*

Treatment length established at the discretion of your PT and physician

<b>\$145</b>	<b>\$175</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>\$175</b>	<b>\$195</b>
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