

## Pricing

### Fascial Stretch Therapy (FST)

|                |                               |
|----------------|-------------------------------|
| Single Session | 4 Session Package<br>*45 days |
| \$125          | <del>\$500</del><br>\$455     |

### Performance & Personal Training (PRIVATE SESSION)

|                |                               |                                |                                 |
|----------------|-------------------------------|--------------------------------|---------------------------------|
| Single Session | 6 Session Package<br>*35 days | 12 Session Package<br>*70 days | 18 Session Package<br>*100 days |
| \$125          | <del>\$750</del><br>\$705     | <del>\$1,500</del><br>\$1,365  | <del>\$2,250</del><br>\$1,980   |

### Performance & Personal Training (Group of 2 to 6 PRICES APPLY TO EACH INDIVIDUAL)

|                   | Single Session | 6 Session Package<br>*35 days | 12 Session Package<br>*70 days | 18 Session Package<br>*100 days |
|-------------------|----------------|-------------------------------|--------------------------------|---------------------------------|
| Group of 2        | \$65/person    | <del>\$390</del><br>\$355     | <del>\$780</del><br>\$685      | <del>\$1170</del><br>\$1,040    |
| Group of 3        | \$45/person    | ---                           | ---                            | ---                             |
| Group of 4,5 MAX. | \$40/person    | ---                           | ---                            | ---                             |

Larger groups or teams please call or e-mail about pricing

### IMPORTANT INFORMATION

- 1. 24 hour cancellation policy for all booked services in event of no show full price will be charged**
- 2. Each training or FST session is 55 to 65 min**
- 3. Please fill out applicable waiver prior to first session**

**\* All packages are non-refundable, valid from date of purchase for a set amount of days (see above)**

### Sports Medicine - Athletic Therapy & Rehabilitation

|  |                                      |       |
|--|--------------------------------------|-------|
| Evaluation/Examination   |                                      |       |
| Chronic Injury (pain, weakness, inability lasting more than 6 weeks) |                                      | \$75  |
| Evaluation/Examination   |                                      |       |
| Acute Injury (new or recent)   |                                      | \$50  |
| Rehabilitation/Treatment   | per 30 min session                   | \$45  |
| Rehabilitation + Home Exercise Program                               | dependent on rehab program purchased | TBD   |
| Manual Therapy   | per 15 min.                          | \$35  |
| Gait Training  | per 30 min.                          | \$70  |
| Home Exercise Program  |                                      | \$65  |
| Health and Well-being  | per 30 min. session                  | \$50  |
| Emergency Evaluation Outside Business Hours                          |                                      | \$125 |