



*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>\$199</b>
Individualized fitness routines. 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
<b>\$45</b>	<b>\$60</b>	<b>\$75</b>

<i>Certified</i>	<i>Senior</i>	<i>Master</i>
<i>cost per session</i>		

<b>\$40</b>	<b>\$45</b>	<b>\$50</b>
Purchase 4 - 20 sessions		

<b>\$60</b>	<b>\$65</b>	<b>\$75</b>
Purchase 4 - 20 sessions		

<b>\$75</b>	<b>\$85</b>	<b>\$95</b>
Purchase 4 - 20 sessions		

### 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.

<b>\$115</b>	<b>\$125</b>	<b>\$140</b>
\$57.50	\$62.50	\$70.00
<i>per person</i>		

### Buddy Training (3 participants): 60-min

The more the merrier! \*

<b>\$150</b>	<b>\$170</b>	<b>\$180</b>
\$50.00	\$56.00	\$60.00
<i>per person</i>		

### Group/Bulk Rate Personal Training Packages

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

30 min	<b>\$949</b>	<b>\$1,049</b>	<b>\$1,175</b>
45 min	<b>\$1,425</b>	<b>\$1,545</b>	<b>\$1,779</b>
60 min	<b>\$1,699</b>	<b>\$1,899</b>	<b>\$2,199</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.

**\$1,399**

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.

**\$150**

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

**\$75**

#### *Comprehensive Physical Therapy Treatment: 60 minutes*

Treatment length established at the discretion of your PT and physician

**\$125**