

Pricing



Fascial Stretch Therapy (FST)

Duration	Introductory Session one time	Single Session	5 Session Package	10 Session Package
60 Min.	\$75	\$105	\$465	\$925

Performance & Personal Training (Private Session)

Duration	Single Session	5 Session Package	10 Session Package	15 Session Package
60 min.	\$110	\$500	\$1,000	\$1,450

Performance & Personal Training (Group of 2 to 5, prices apply to each individual)

Duration	Single Session	5 Session Package	10 Session Package	15 Session Package
40 Min.	\$50	\$45	\$40	\$35
60 Min.				
Group of 2 or 3	\$45	\$40	\$35	\$30
60 Min.				
Group 4 to 6	\$30	\$27	\$25	\$22

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

*** Payment plans available, just ask**

*** Please fill out Training or FST waiver before your first session**

*** All packages are non-refundable and valid for 365 days**

*** 24 hour cancellation policy for all booked services in event of no show full price will be charged**

Sports Medicine - Athletic Training

Evaluation/Examination		
Chronic Injury (pain, weakness, inability lasting more than 6 weeks)		\$60
Evaluation/Examination		
Acute Injury (new or recent)		\$50
Rehabilitation/Treatment	per 30 min session	\$40
Manual Therapy	per 15 min.	\$35
Neuro-Muscular Restoration	per 15 min.	\$35
Gait Training	per 15 min.	\$35
Home Exercise Program		\$40
Health and Well-being	per 30 min. session	\$50
Emergency Musculoskeletal Injury Evaluation		\$125