

Pricing



Fascial Stretch Therapy (FST)

Duration	Introductory Session one time	Single Session	5 Session Package	10 Session Package	15 Session Package
30 Min.	-	\$60	\$275	\$550	-
60 Min.	\$60	\$90	\$415	\$850	\$1,260

Performance & Personal Training (Private Session)

Duration	Single Session	5 Session Package	10 Session Package	15 Session Package
30 Min.	\$60	\$280	\$510	\$780
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.	\$55	\$50	\$45	\$40

* Payment plans available, just ask

* Please fill out 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