

Members-Only Wellness Services and Discounts

	REGULAR COST	MEMBER COST
PHYSICAL THERAPY		
Regular Appointment	\$260	\$208
10 appointment package	\$2,600	\$2,080

	REGULAR COST	MEMBER COST
PERSONAL TRAINING		
Barbell Competency Intro	\$180	\$144
Personal Training	\$180	\$144
30min Sports Massage	\$120	\$96

PRIVATE YOGA THERAPY		
60min Session	\$260	\$208
10 Session Package	\$2,600	\$2,080

PRIVATE PILATES THERAPY		
60min Session	\$260	\$208
10 Session Package	\$2,600	\$2,080

SPORTS PERFORMANCE		
Injury Prevention (60 minutes)	\$200	\$160
ACL Return to Sport Screening (90 minutes)	\$260	\$208
Running Assessment (60 minutes)	\$200	\$160
Overhead Athlete (60 minutes)	\$200	\$160
Dance Assessment (60 minutes)	\$200	\$160
Bike Fit (60 minutes)	\$200	\$160

MASSAGE THERAPY		
60min Massage	\$120	\$96

NUTRITION		
60 Minute Consult	\$220	\$176

ALTER-G		
Unlimited Access for 1mo	\$225	\$180