

Pricing as of January 2024

Wellness	initial consult	\$	115
	subsequent	\$	50
Physical Therapy	single	\$	150
	5 sessions	\$	710
	10 sessions	\$	1,350
Home	single	\$	195
Pilates	single	\$	120
	4 pack	\$	440
	8 pack	\$	800
	12 pack	\$	1,100
Personal Training (gym)	single	\$	90
	4 pack	\$	335
	8 pack	\$	600