

Private & PT Pricing

Introductory Offer - New Client

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|-------------------------------------|-------|
| 3 Private Sessions | \$255 |
| 1 PT Assessment + 3 PTA Sessions | \$400 |

Private Sessions - Pilates Trainers

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|-------------|-------|
| 1 Session | \$105 |
| 10 Sessions | \$950 |

Private Sessions - Master Level Pilates Trainers

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|-------------|---------|
| 1 Session | \$110 |
| 10 Sessions | \$1,000 |

Private Sessions - PTAs

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|-------------|---------|
| 1 Session | \$115 |
| 10 Sessions | \$1,100 |

Private Sessions - Physical Therapist

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|-------------|--------|
| Assessment | \$200 |
| 1 Session | \$150 |
| 5 Sessions | \$725 |
| 10 Sessions | \$1400 |

Rehabilitative Massage*

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|------------|-------|
| 30 Minutes | \$50 |
| 50 Minutes | \$105 |
| 5 Sessions | \$500 |

*Massage is taxed

Pilates and PT Benefits

- We move your spine safely according to your issues, pain or disease
- We educate healthy movement for life-long activity
- We will help you find core stability, which is mindbody centering
- Pilates promotes breath patterns to improve movement
- Pilates elongates and opens all joints
- Physical Therapy with Pilates provides a platform to transition to classes safely
- We help create powerful movement by teaching interplay of whole structure including muscles, bones and tissue

Rehabilitative Massage Benefits

- Helps with pain
- Releases tight muscles
- Relaxes the nervous system
- Soothes the fascia
- Improves recovery of soft tissue injuries
- Improves skin tone
- Increases joint mobility and flexibility
- Stimulates the lymphatic system
- Reduces stress hormones
- Increases immune function

WORKOUT SMARTER