

Private & PT Pricing

Introductory Offer - New Client

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

Private Sessions - Pilates Trainers

1 Session	\$100
10 Sessions	\$900

Private Sessions - Master Level Pilates Trainers

1 Session	\$105
10 Sessions	\$950

Private Sessions - PTAs

1 Session	\$110
10 Sessions	\$1050

Private Sessions - Physical Therapist

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

Massage*

25 Minutes	\$60
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