



Wellness Programs

Single Session Open Rate \$40

Monthly Membership (Best Value)

Monthly Auto Pay – 2 Month Minimum – 30 Day Notice to Cancel

16 Sessions	\$299/month	(\$18.69/session)
8 Sessions	\$175/month	(\$21.87/session)
4 Sessions	\$99/month	(\$24.75/session)

Unused monthly membership sessions expire 90 days after date of purchase

Single Purchase Programs

5 Sessions	\$150	(\$30.00/session)
10 Sessions	\$275	(\$27.50/session)
20 Sessions	\$500	(\$25.00/session)

Single Purchase sessions expire one year from the date of purchase
1 Session = 20 Minutes

Gift Cards

2 Sessions	\$65	Expires 3 months from date of purchase
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Cancellation and No-Show Policy

Scheduled sessions must be canceled by 5:00 p.m. the prior day. Late cancellations or no shows will be charged or forfeit that session credit on account.

No Refund Policy

Service purchases (Monthly Membership, Packages, or Gift Card) are non-refundable.

Recommendations

General Wellbeing

4 sessions/month
1 session/week

Athlete

8 session/ month
2 sessions/week

Older Adult

16 sessions/month
4 sessions/week
2 – 20 minute sessions
2 x a week

Focused Support

24 sessions/month
6 sessions/week
2 – 20 minute sessions
3 x a week