

# 1:1 Services



*All clients should check in and out for all services and classes at the front desk. All new clients must complete a 45-minute Initial Assessment (\$25) before starting services with NBC. Includes one free Group Fitness Class (excludes fitCircuit).*

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## Health & Wellness Training

One-on-one health & wellness training sessions focus on improving and maintaining functional mobility and strength. Evidence-based sessions are offered by licensed clinical providers. Sessions are created based on the participant's specific goals, diagnosis, and current level of function.

*Cost: \$75 for 45 minutes, \$100 for 60 minutes*

## Personal Training

One-on-one training sessions that provide personalized, hands-on training that helps improve strength, flexibility, balance, coordination, gait, and range of motion.

*Cost: \$60 for 45 minutes, \$80 for 60 minutes*

## Pilates Reformer Training

One-on-one or Duet personalized sessions that provide strength, flexibility and pelvic/lower back stability training with an emphasis on improving core engagement, alignment and range of motion.

*Duet Cost (2 participants): \$45 for 45 minutes, \$50 for 60 minutes*

*Solo Cost: \$60 for 45 minutes, \$80 for 60 minutes*

## Reiki Therapy

Sessions use a traditional technique with gentle, light touch that channels energy from practitioner to recipient. This can induce deep relaxation, reduce stress and anxiety, ease discomfort, and support the body's natural healing process. Recipients remain fully clothed, lying comfortably on a massage table, while the practitioner places hands lightly on the body in several positions, each held for a few minutes.

*Cost: Free*

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## Therapeutic Massage

Our Therapeutic Massage program is designed to cater to your unique needs and goals, ensuring a personalized experience that promotes overall wellness. Each session is tailored to address your specific concerns, incorporating a blend of techniques to enhance muscle function and restore fascia flexibility.

Key features of the program include:

- *Customized Sessions:* Focused on your specific areas of tension and discomfort.
- *Assisted Stretching:* Enhances flexibility and mobility by releasing tight muscles.
- *Trigger Point Therapy:* Applies focused pressure to relieve pain and promote relaxation.
- *Cupping Therapy:* Uses gliding and stationary cups to reduce joint compression and improve range of motion.
- *Skilled Massage Techniques:* A variety of modalities to relieve pain, reduce stress, and promote overall relaxation.

*Cost: \$130 for 60 minutes, \$195 for 90 minutes, and \$260 for 120 minutes*

## Mental Health Services

### Hypnosis

Hypnosis is a practice where the trusted psychologist guides the patient, using verbal direction, into a deeply relaxed state. Sessions allow the opportunity for one to reduce anxiety and tension, increase circulation and positive sensory experiences, and discover root causes for physical and psychological pain.

*Cost: \$250 for 60 minutes*

### Therapy

Therapy addresses psychological conditions, as well as physical and mental stress. In a private, supportive setting, psychologists help patients explore their thoughts and behaviors, offering strategies to manage symptoms and improve well-being. The result is a better quality of life.

1. Initial Evaluation (required for all new Clients): *\$250 for 60 minutes*
2. Couple's Counseling: *\$250 for 60 minutes*
3. Individual Counseling: *\$220 for 60 minutes, \$195 for 45 minutes, \$175 for 30 minutes*
4. Family Counseling: *\$250 for 60 minutes*