

1:1 Services



All clients should check in and out for all services and classes at the front desk.

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: \$80 for 60 minutes, \$65 for 45 minutes, and \$50 for 30 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: \$69 for 60 minutes, \$58 for 45 minutes, and \$47 for 30 minutes

Pilates 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.

Cost: \$69 for 60 minutes, \$58 for 45 minutes, and \$47 for 30 minutes

Reiki Therapy

Sessions involve the traditional technique that uses gentle and light touch, allowing energy to be expressed through a practitioner to a recipient. The process can induce a relaxation response, help reduce stress and anxiety, promote a sense of calmness, peace, and well-being, reduce pain and physical discomfort and support and enhance the body's own natural healing process. Sessions are conducted fully clothed, while recipients lie comfortably on a massage table. The practitioner places hands lightly on your body in several positions, and each position is held for several minutes.

Cost: Free

Clinical Massage Therapy

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: Every massage is specifically crafted based on your individual needs, focusing on areas of tension and discomfort.
- Assisted Stretching: We incorporate gentle assisted stretching to improve flexibility and enhance mobility, helping to release tight muscles and improve overall function.
- Trigger Point Therapy: This technique targets specific tight areas within muscles, alleviating pain and promoting relaxation through focused pressure.
- Cupping Therapy: Our skilled practitioners can integrate cupping therapy, using both gliding and stationary techniques to reduce compression and impingement in joints, further enhancing your range of motion.
- Skilled Massage Techniques: With a variety of modalities at our disposal, our therapists provide effective pain relief while promoting relaxation and stress reduction.

Experience the transformative benefits of our Therapeutic Massage program, where healing and rejuvenation are at the forefront of your journey to wellness. Whether you seek relief from chronic pain, enhanced athletic performance, or simply a moment of relaxation, our dedicated team is here to support you every step of the way.

Cost: \$120 for 60 minutes and \$160 for 90 minutes