**Pricing Structure**

Membership Options

* Month to Month = $100 per month
* 4-month Contract = $90 per month
* 12-month Contract = $80 per month

Physical Therapy is billed to insurance. Co-pays and deductibles apply.

Workshops: $120 per person; member price = $100 per person

Maximum of 6 participants

Meet once a week for 4 weeks

Packages: $247 per person; member price = $207 per person

Maximum of 2 participants, known to each other

Meet once a week for 3 weeks

Individual Wellness Sessions: $80 per hour, $40 per half-hour

member price $75 per hour, $35 per half-hour.

Personal Training sessions with Dr. Anna Easterling, DPT, E-RYT200, CPT, blending physical therapy techniques, yoga, and Pilates.