



Recovery Session Pricing

Solo Sessions: \$85 per session

- Enjoy a personalized recovery experience tailored to your specific needs and goals.
- Benefit from one-on-one attention and guidance from our experienced recovery specialists.
- Maximize your recovery and optimize your performance with individualized techniques and treatments.

Group Sessions: \$30 per person per session

- Join a small group of like-minded individuals for a shared recovery experience.
- Receive expert guidance and support.
- Enjoy the camaraderie and motivation of recovering alongside others while still receiving personalized attention.

Team Sessions: \$25 per athlete per session

- Enhance team performance and recovery with our specialized team sessions.
- We will work with your team to address specific needs and goals.
- Foster team cohesion and camaraderie while optimizing recovery and preventing injuries.

Note: Prices are subject to change and may vary based on location and additional services requested. Please contact us for more information and to schedule your recovery session.