

# membership

*includes unlimited access to the hot sauna, cold plunge,  
private locker area + lounge with amenities*

yearly .....	\$1800
monthly w/ auto renew.....	\$169
one month.....	\$199

# physical therapy

initial eval.....	\$175
30 min session.....	\$90
60 min session.....	\$150



SCAN  
FOR  
MORE  
INFO

# a la carte

day pass.....	\$50
cold plunge single session ....	\$30
hot sauna single session.....	\$30

# nutrition

60 min consult.....	\$150
30 min follow-up consult.....	\$85
InBody assessment.....	\$25
12wk nutrition program.....	\$600