



## *Physical Therapy* accepted insurance: BCBS-PPO

Health & Wellness Services: training session that incorporates physical therapy

60 minutes: \$80

45 minutes: \$67.50

30 minutes: \$40

## *Personal Training*

Assessment: \$25

60 minutes: \$69

45 minutes: \$60

30 minutes: \$35

## *Occupational Therapy* 60 minutes: \$25

## *Therapeutic Massage*

90 minutes: \$130

60 minutes: \$90

## *Rock Steady Boxing*

Assessment required to see what level would be best: \$25

90 minute classes: \$15/class

Doctor clearance required before being able to participate in class

## *FitBox60, FitBox60 seated & FitBox90*

60 minute class: \$8

90 minute class: \$15

## *FitMS/FitPD* 60 minute class: \$8

## *FitCircuit* Assessment Required

\$25 per class, Small group class 10-week commitment

## *FitYoga/Adaptive FitYoga* \$8 per class

## *PowerPlate*

Group: 30 minute class \$10

One on One: 30 minute class \$25

## *Acupuncture*

Initial Appointment: \$85

45-60 minute appointment: \$75