



Initial Consultation

\$200

(45 Minutes)

CHILD

(30 MINUTES)

Single Session \$55

Monthly (1x Week) \$200

5 Pack \$250

HERO (Military, First Responder, Teacher)

(30 MINUTES)

Single Session \$70

Monthly (1x Week) \$225

5 Pack \$325

ADULT

(30 MINUTES)

Single Session \$80

Monthly (1x Week) \$275

5 Pack \$350

45 MINUTE SPECIAL

CHILD \$250

HERO \$325

ADULT \$375



STRENGTH TRAINING

Single Sessions	\$50
10 Pack	\$400

GOLF FITNESS

Single Session	\$100
5 Pack	\$450
10 Pack	\$800



GOLF SIMULATOR

30 minutes Range	\$15
Unlimited Range	\$75
18 Holes	\$30 pp



ICY HOT

Single Session	\$25
Unlimited	\$75
30 Minute Sauna	\$25



COMPRESSION THERAPY

30 Minute Session	\$25
-------------------	------

K2 ALL IN \$500

- 1x week 30 minute Stretch
- 1x week 30 minute Strength
- Unlimited Icy Hot
- Unlimited Compression Boots
- Unlimited Golf Simulator