

Exercise Prescription Program



Exercise Prescription Package Information:

Schedule a free 10-minute exercise consult to discuss the benefits of an exercise program. During this consultation your health and risk profile is assessed, then you'll have the opportunity to schedule a personalized exercise prescription appointment.

Program Pricing:

- In-person or virtual Exercise Prescription: \$75.00 (Includes 3 follow -up visits)
- Additional follow-up appointments can be made once the program is complete
 - 1 for \$10.00
 - 3 for \$25.00

Please call **216.444.6570** to schedule a free 10-minute consultation.

CONTACT INFORMATION:

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