



# FUNCTIONAL FITNESS

**Does your insurance limit you from reaching your overall health and wellness goals?**

**If so, Functional Fitness may be for you!**

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## **What is Functional Fitness?**

Our Functional Fitness program is perfect for those completing physical therapy, but have not quite yet reached their desired pre-injury performance, or for individuals wanting to improve their overall functional.

## **PROGRAM PRICING:**

**Price/Session: \$25.00**

*Must sign up for a minimum of 8 sessions, but can vary based on medical necessity.*

*Each session is led by a licensed professional*

**Ask us for program details! You could start as soon as today and get back to doing what you love!**