



Services & Rates

(updated 02/01/20; subject to change)

Fee-for-service with payment due at time of service. Currently insurance is not accepted, but you may be able to submit receipts to your health spending account or similar plan with your insurance for reimbursement.



A La Carte Pricing

\$100 for Licensed Physical Therapy and/or Neurokinetic Therapy Services Initial Assessment (50 minutes)

\$85 for follow-up sessions for a professional hour (50 minutes). \$50 for professional half-hour (25 minutes) once applicable within treatment plan.

\$80 for Private Pilates-based fitness session (50 minutes). \$40 for professional half-hour (25 minutes).

\$40 per person for Duet Pilates-based fitness session (50 minutes)



Special Package Pricing

We recognize the value of taking care of your body, so you can keep doing the things you love to do, but we also know the financial commitment involved. To help with affordability and to acknowledge the value of your personal commitment to yourself and your health and wellness, we offer some discounted pricing for packages.

Physical Therapy & NeuroKinetic (NKT) Sessions

Introductory Package Physical Therapy/NKT for First-Time Clients -- \$325 Save \$30!* You will be seen for 4 sessions, including a comprehensive initial evaluation and assessment and 3 follow-up sessions (50 minutes each), customized to your individualized program plan and goals. (Regularly \$355.)

Package of 5 Physical Therapy/NKT Follow-Up (50-Minute) Sessions -- \$405 Save \$20!* We believe that clients who are committed to a regular investment in their own health and wellness deserve a reward. You don't need to be a new client to take advantage of this special rate. (Regularly \$425)

Package of 10 Physical Therapy/NKT Follow-Up (50-Minute) Sessions -- \$765 Save 10%!* Take advantage of our best rate for yourself or partner up with a friend or family member to share the savings. You don't need to be a new client to take advantage of this special rate. (Regularly \$850)

Package of 5 Physical Therapy/NKT Short Length Follow-Up (25 minute) Sessions -- \$240* After your initial sessions, you and Dr. Fisher may determine that shorter session times are appropriate or you may prefer these for budgetary reasons. (Regularly \$250)

Package of 10 Physical Therapy/NKT Short Length Follow Up (25 minute) Sessions -- \$450 Save \$50!* This package may help with affordability and still allow for more regular visits to help stay on track toward your goals. (Regularly \$500)

***All package sessions should be used within 6 months. Transferable, if you want to share one with a friend or family member, too.**

Pilates-Based Fitness Sessions

Package of 5* Pilates Fitness (50-Minute) Sessions – \$375 *Save \$25!* We believe that clients who are committed to a regular investment in their own health and wellness deserve a reward. You don't need to be a new client to take advantage of this special rate. *(Regularly \$400)*

Package of 10* Pilates Fitness (50-Minute) Sessions – \$700 *Our best deal... you save \$100!* Take advantage of our best rate for yourself or partner up with a friend or family member to share the savings. *(Regularly \$800)*

Package of 5* Pilates Fitness Duet (50-Minute) Sessions – \$190 *Save \$10!* Partner up with a family member or friend for fun and fitness. Each participant will pay toward each session via package or a la carte pricing. You get to learn together and encourage each other, plus still get a lot of individualized attention. *(Regularly \$200)*

Package of 10* Pilates Fitness Duet (50-Minute) Sessions – \$360 *Save 10%!* Take advantage of additional savings to enjoy the camaraderie and experience of duet sessions in this package deal. *(Regularly \$400)*

Package of 5* Pilates Fitness Short (25-Minute) Sessions – \$190 *Save \$10!* Sometimes budget concerns limit ability to participate in Pilates, so we have an option to help provide an affordable option with shorter sessions, so that you can still get the benefit of the private one-on-one experience customized to you. *(Regularly \$200)*

Package of 10* Pilates Fitness Short (25-Minute) Sessions – \$360 *Save 10%!* Take advantage of our best rate for the shorter private sessions for yourself or partner up with a friend or family member to share the savings. *(Regularly \$400)*

**All package sessions should be used within 6 months. Transferable, if you want to share one with a friend or family member, too.*