

memberships

UNLIMITED

Enjoy all the recovery you need so you can VIVE!

FLOWS

\$550/month

FLOW + TUNE-UP + RECOVERY

\$1500/month

- *Can be shared by up to 4 family members*
-

SIGNATURE

STARTER SIGNATURE PLAN

\$399 (4 sessions)

ADDITIONAL SESSIONS

\$99

HOUR PACKS

Use your monthly hours for any combination of FLOWS, TUNE-UPS, and RECOVERY sessions.

2 HOURS

\$199/month

- *Can be shared with 1 other person each month*

4 HOURS

\$387/month

- *Can be shared with 2 other people each month*

8 HOURS

\$699/month

- *Can be shared with 3 other people each month*
-

SINGLE SESSIONS

FLOW

\$49

TUNE-UP

\$65 / 25min

\$125 / 55min

RECOVERY

\$99 / 55min

\$149 / 85min



first time

FLOW

Try the Technology and feel the results

REGULAR

\$49

FIRST TIME SPECIAL

\$29
(40% savings)

\$40
2 for 1
(60% savings)

TUNE-UP

Get introduced to assisted stretch & tissue

REGULAR - 55MIN

\$125

FIRST TIME SPECIAL

\$99
(25% savings)

\$125
2 for 1
(50% savings)

RECOVERY

Experience the synergy of stretch tissue and tech

REGULAR - 55MIN

\$99

FIRST TIME SPECIAL

\$69
(30% savings)

\$99
2 for 1
(50% savings)

menu

FLOW

TECHNOLOGY / TOOL SESSION

Flow through special tools and technology curated to work synergistically to target the Four Pillars.

25
MIN
\$49

- *Pneumatic Compression*
- *Localized Cryotherapy*
- *NeuroMuscular Electrical Stimulation*
- *RedLight PhotoBioModulation*
- *Pulsed ElectroMagnetic Frequencies*
- *Blood Flow Restriction*
- *Apollo - Nervous System Tuning*
- *Muse - Guided Breathing*

TUNE-UP

SPECIALIST SESSION

A recovery specialist works one on one to help you improve by providing targeted assisted stretching and soft tissue work.

25
MIN
\$65

55
MIN
\$125

- *PNF Stretching*
- *Fascial Stretching*
- *Pin & Stretch*
- *Instrument Assisted Soft Tissue Mobilization*
- *Trigger Point Mobilization*
- *Deep Tissue Relaxation*

RECOVERY

COMBINATION SESSION - FLOW + TUNE-UP

The optimal way to get the results you want. An outcome-targeted FLOW is combined with a TUNE-UP session.

55
MIN
\$99

80
MIN
\$149

menu

TECH

FLOW

TECHNOLOGY / TOOL SESSION

Flow through special tools and technology curated to work synergistically to target the Four Pillars.

25
MIN

Stretch - Tissue

TUNE-UP

SPECIALIST SESSION

A recovery specialist works one-on-one to help you improve by providing targeted assisted stretching and soft tissue work.

25
MIN

55
MIN

Stretch - Tissue - Tech

RECOVERY

COMBINATION SESSION - FLOW + TUNE-UP

The optimal way to get the results you want. An outcome-targeted FLOW is combined with a TUNE-UP session.

55
MIN

85
MIN

SIGNATURE

TARGETED COMBINATION SESSIONS

Our SIGNATURE sessions are special combinations of STretching, Tissue and Tech to address the most common problems people face.

85
MIN

signature sessions

(4) coordinated Recovery Sessions that are designed to build targeted improvements over 10-14 days

SHOULDER SAVER

Whether swimming, throwing, or repetitive lifting...keep your shoulders ready and pain free.

LOW BACK RESCUE

Life, lifting, and sports can leave your low back looking for help. This is it!

RUNNERS RESTORE

You love the runners high, but not the wear and tear. Stay tuned-up to enjoy your run.

KNEE RELIEF

Help your knees recover faster from sports, training & running so you can play pain-free.

HAMSTRING HELP

Speed up the recovery process for your hamstrings so they stay healthy.

MOBILITY MASTER

These sessions create rapid improvement in whole-body mobility and movement quality.

WELLNESS JUMP-START

Jumpstart your wellness journey with a holistic approach to reducing stress and improving your wellbeing.

fire & ice facial



(4) coordinated Recovery Sessions that are designed to build targeted improvements over 10-14 days

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