memberships

UNLIMITED

Enjoy all the recovery you need so you can VIVE!

FLOWS FLOW + TUNE-UP + RECOVERY

\$550/month

\$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



FLOW

Try the Technology and feel the results

REGULAR

FIRST TIME SPECIAL

\$49

\$29 (40% savings) \$40 2 for 1

(60% savings)

TUNE-UP

Get introduced to assisted stretch & tissue

REGULAR - 55MIN

FIRST TIME SPECIAL

\$125

\$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 stechnology curated to work synergistically to target the Four Pillars. | | |
|---------|---|---|---|
| | 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 SESSION25A recovery specialist works one on oneMIN \$65 | | |
| | to help you improve by providing targeted assisted stretching and soft | | |

largeled assisted stretching and SOIL 55 tissue work. MIN \$125 • Instrument Assisted Soft • PNF Stretching • Fascial Tissue Mobilization Stretching • Trigger Point Mobilization • Pin & Stretch • Deep Tissue Relaxation

RECOVERY

COMBINATION SESSION - FLOW + TUNE-UP MIN The optimal way to get the results you want. \$99 An outcome-targeted FLOW is combined with a

TUNE-UP session.

80 MIN

55

\$149

menu

FLOW

FECH

25 MIN

85

MIN

TECHNOLOGY / TOOL SESSION Flow through special tools and technology curated to work synergistically to target the Four Pillars.

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|---|-----|
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| SPECIALIST SESSION A recovery specialist works one-on-one | 25 MIN |
|---|-----------|
| to help you improve by providing targeted assisted stretching and soft | |
| tissue work. | 55 MIN |

RECOVERY

E-UP

| COMBINATION SESSION - FLOW + TUNE-UP | 55 |
|--|-----------|
| The optimal way to get the results you | MIN |
| want. An outcome-targeted FLOW is combined with a TUNE-UP session. | 85 MIN |

SIGNATURE

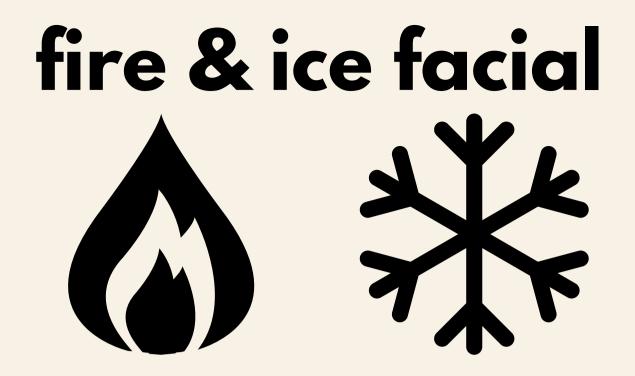
TARGETED COMBINATION SESSIONS Our SIGNATURE sessions are special combinations of STretching, Tissue and Tech to address the most common problems people face.

Stretch - Tissue - Tech Stretch - Tissue

signature sessions

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

| SHOULDER SAVER | Whether swimming, throwing, or repetitive liftingkeep 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. |



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

SHOULDER SAVER

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LOW BACK RESCUE

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