

Physical Therapy LEAD Personal Training Price List

30-Minute Physical Therapy LEAD Personal Training

1 Session - \$55

5 Sessions - \$265

10 Sessions (+ 1 free) - \$550

15 Sessions (+ 2 free) - \$825

Each session includes a supervised warm-up and stretching.
Sessions expire 180 days from purchase date.

****Special Offer****- Any individual that signs up for a session of personal training at Harbor Physical Therapy will receive a FREE 15 minute health screen including blood pressure, heart rate, weight, and girth measurements.

Individualized Catered Exercise Program - \$40

This is for an individual interested in a physical therapist creating an exercise program catered to your specific fitness and health goals. The physical therapist will factor in your past medical history to create a safe exercise program. You can either meet with the physical therapist in-person for 15 minutes, over the phone, or through email. Once the therapist learns your specific fitness goals, an exercise program will be created. The program will include pictures with descriptions of all the exercises. The program will either be emailed or mailed to you.

Please email info@machtmedicalgroup.com or call 443-524-0442 if interested in Physical Therapy LEAD Personal Training or an Individualized Catered Exercise Program.