

Individual Packages

Plan A (2 sessions) (30 minutes each session)

-Session 1: Initial Functional Movement Screen

-Session 2: Review of FMS, Recommendations & corrective exercises including handouts

COST: \$20

Plan B (4 sessions) (30 minutes each session)

-Session 1: Initial Functional Movement Screen

-Session 2: Review of FMS, Recommendations & corrective exercises including handouts

-Session 3: Retest of the Functional Movement Screen (4-6 weeks later)

-Session 4: Review of FMS, Recommendations & corrective exercises including handouts

COST: \$30

ATTENTION!: VOI FITNESS CENTER MEMBERS RECEIVE A \$5 DISCOUNT ON PLANS A & B!

Plan C

VOI Fitness Center Members:

- \$100 (for 4 sessions), includes free FMS testing sessions (30 minutes)
 - 60 minute one on one sessions on corrective exercise
 - \$25 each individual session after first 4 sessions
 - Complete program design
 - Example of Plan C
 - Week 1: Functional Movement Screen
 - Week 2: Individualized workout session tailored to your goals which includes corrective exercises for your movement imbalances.
 - Individualized workouts given for client/member to perform during their own personal workouts.
 - Week 3: One on one workout session
 - Week 4: One on one workout session
 - Week 5: One on one workout session
 - Week 6: Retest on Functional Movement Screen
 - Review of FMS and recommendations given
 - New individualized workout given

Non VOI Fitness Center Members:

- \$200 (for 4 sessions)
 - includes free FMS testing sessions (30 minutes each session)
 - 60 minute one on one sessions on corrective exercise
 - \$50 each individual session after first 4 sessions
 - Complete program design
 - Example: See above

Questions?

Would like to set up an appointment?

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