

# Fee Summary

## Physiotherapy/Physical Therapy

Initial Consultation (typically one hour) ~~\$85~~  
Follow-up Sessions for established clients (typically 45 - 60 minutes) ~~\$60~~  
Have your session at home, gym or office for an additional fee (within 20 miles) ~~\$15~~  
Coming soon : online consultations

## Coaching And Performance

Initial Consultation (typically one hour) ~~\$85~~  
Follow-up sessions for established clients (typically 45 - 60 minutes) ~~\$60~~  
Initial three month coaching program ~~\$270~~  
Monthly coaching fee (after initial 3 month program) - per month ~~\$90~~

## Adjunct Services

Video Analysis - one hour in duration broken into two one-on-one sessions to complete ~~\$85~~  
Bike Fitting ~~\$85~~

## RunSmart

RunSmart Level One - four week program consisting of one group educational session ~~\$60~~  
RunSmart Level One - four week program consisting of one group educational session ~~\$100~~  
RunSmart Camp - one half day weekend program ~~\$60~~  
RunSmart book: paperback \$17.95  
RunSmart book: hardcover \$27.95  
Coming Soon: RunSmart Level Two - four week advanced program with

## Smart Life Institute Programs

SLI Group Educational sessions ~~\$10~~ each  
Coming Soon : website memberships for unlimited use of SLI online materials

Please refer to specific program information for pricing.

**At this time, acceptable forms of payment are cash, check, PayPal, and all major credit cards.**