

<b>Bronze (Basic Package)</b> This package is used as a type of entry point for all individuals wanting to start a training program. We can identify movement issues early before they become a problem. We try to encourage everyone beginning a training program to start here.  Cost: \$155+tax	<b>Silver (Advanced Package)</b> This package is for athletes and individuals with current movement dysfunctions that need to be addressed.  Cost: \$195+tax	<b>Gold (Elite Package)</b> This package is for individuals that may have major movement dysfunctions that require more intense screening and movement coaching.  Cost: \$285+tax	<b>Re-test</b> You must have already gone through a previous screening.  Cost:\$55+tax
2 x FMS screens (week 1 & week6)	2 x FMS screens (week 1 & week6)	2 x FMS screens (week 1 & week6)	1 x screen
2 x FMS reports (week 1 & week 6)	2 x FMS screens (week 1 & week6)	2 x FMS screens (week 1 & week6)	1 x FMS report
2 x Corrective Strategy Programs delivered online (week 1 & week 6)	2 x Corrective Strategy Programs delivered online (week 1 & week 6)	2 x Corrective Strategy Programs (week 1 & week 6)	1 x Corrective strategy Program
Access to coaching support via email, phone or Skype.	1 x one on one movement coaching	2 x additional screening and assessment tools	
	Access to coaching support via email, phone or skype	2 x one on one movement coaching	
		Access to coaching support via email, phone or skype.	