

Individual Services & Pricing

IN-PERSON SERVICES:

Physical Therapy & Postural Restoration®

All Physical Therapy/Postural Restoration® Sessions are billed directly through R&R/Dr. Sarah

Evaluation & Treatment Session (2 Hours):	\$360
Treatment Follow-Up Sessions (1 Hour):	\$180

Pilates Infused with Postural Restoration® (PRI)

All Pilates In-Person Equipment Sessions & in-person mat sessions are billed directly through Studio U

80' Pilates Initial Session:	\$180
50' Pilates Regular Session:	\$125
Pilates 5 Pack (50' Sessions):	\$575 (\$115/session)

Combination Session (30' Pilates, 30' Physical Therapy)

All Physical Therapy/Postural Restoration® Sessions are billed directly through R&R

All Pilates Equipment Sessions & in-person mat sessions are billed directly through Studio U

For studio scheduling reasons, Combination Sessions need to be scheduled ahead of time and cannot be switched in the middle of a session.

30' Physical therapy	\$90
30' Pilates	\$62.50
60' Total Pilates & PT Session	\$152.50
Pilates 5 Pack (25' Sessions):	\$287.50 (\$57.5/session)
30' Pilates 5 pack	\$287.50 (\$57.50/half session)

VIRTUAL SERVICES

Physical Therapy & Postural Restoration®

***must be in the state of Minnesota during session*

Evaluation & Treatment Session (1.5 Hour):	\$180
Treatment Sessions (1 Hour):	\$180

Pilates Infused with Postural Restoration® (PRI)

Pilates Regular Session (1 Hour):	\$90
Pilates 5 Pack (5, 1 Hour Sessions):	\$400 (\$80/session)