

Mercy Sports Medicine

Wellness Employee/Sponsorship Offerings

Class Schedule

Monday

4:30pm LTNSTY
5:30pm HABITS

Tuesday

6:30am STAC
11:30am-1:30pm
MVMNT (10 min class)

Wednesday

4:30pm HTNSTY

Thursday

6:30am STAC
11:30am-1:30pm
MVMNT (10 min class)

Pricing

Classes

- \$12..... Class Drop In
- \$5..... MVMNT only (2 sessions)

Appointments

- FREE..... 30 min consultation*
- \$60..... 1-Hour Sessions
 - Personal Training
 - Mobility & Recovery
 - Injury Evaluation
 - Rehabilitation
- \$20..... Body Composition
- \$84..... Sports Nutrition
- \$10..... Concussion Testing (pre & post)

*only for \$60 1-Hour Appointments

Packages

- \$60..... Monthly Pass
Includes
 - All classes
 - 20% OFF Programs
- \$170..... 3 Months Pass
Includes
 - All classes
 - 40% OFF Programs
 - Body Composition/Month (not to exceed 3)
- \$110..... 10 Class Punch Pass

Appointments Packages

- \$285..... 5 Sessions
- \$540..... 10-Sessions

To Find Class Descriptions & Sign Up go to wellnessliving.com/schedule/mercysportsmedicine



Download the Wellness Living Achieve App to book classes with ease!



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