

# O-gym Fees and Services

## Strength & Conditioning Programs

Our 12-week Strength & Conditioning Programs are led by Exercise Scientists—university-qualified specialists in exercise and sports science—within the O-gym, our purpose-built strength and conditioning facility.

Each program is tailored based on your assessment results and specific goals to enhance movement, reduce pain, and boost performance in all areas of life.

We integrate strength training, aerobic conditioning, and speed and agility exercises to help you achieve your goals

Our coaches are with you every step of the way, providing support and feedback. As you progress, your exercises will be adjusted to ensure continuous improvement in fitness and strength.

Our 12-week program includes:

- A weekly semi-private session with your dedicated S&C coach
- Open access to the O-gym during business hours for additional sessions
- Regular re-testing to measure your progress
- Weekly progress tracking with adjustments made by your coach as you improve

We'll help you move better, feel better, and perform better, reducing your risk of injury. Commitment and consistency are key to achieving and maintaining real results. This is more than just a treatment—it's a lifestyle.

## Running Program

Our specialized running program, designed by our Exercise Scientists, focuses on safely enhancing your endurance, speed, and strength. Whether you're preparing for a marathon, an ultra-marathon, or returning to running after an injury, this program is tailored to your unique goals.

- Personalized Structure: The program is built around your specific goals, current fitness and time commitment.
- Custom Weekly Plans: Receive flexible weekly training plans that adapt to your progress.
- Ongoing Support: We're here to guide you every step of the way, helping you advance your running while minimizing the risk of injury.

## Pricing

### Assessments

#### **Option 1: New Patient | Strength & Conditioning Program Assessment**

For new patients or those with complex needs, this session allows us to gather your full health history and complete a functional assessment.

*90 mins | \$233 (one-time fee)*

#### **Option 2: Existing Patient | Strength & Conditioning Program Assessment**

Designed for existing O-health patients, this session focuses solely on your functional assessment, as we already have your health history on file.

*45 mins | \$140 (one-time fee)*

### Semi-Private Group Sessions

- Initial 12 weeks: 1-hour sessions | \$99 per week
- Subsequent 12 weeks: 1-hour sessions | \$85 per week

### Running Program

- Running program only | \$43 (per week)
- Running program + 12 week program | 12 week program cost + \$17 (per week)