

Integrated Wellness Program

specializing in

3 dimensional strengthening
3 dimensional flexibility
core training
balance
speed/agility training
cardiovascular training
post rehabilitation injury
sport specification training



REDMOND RIDGE PHYSICAL THERAPY

22500 NE Marketplace Drive
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425-836-1034



INTEGRATED
REHABILITATION
GROUP, INC.

Physical & Hand Therapy Services

WWW.IRGPT.COM

WHAT IS IT?

Each individually designed functional work out is designed to enhance your peak fitness level, prevent injuries and encourage a healthier lifestyle. Redmond Ridge Integrated Wellness program will keep you strong, agile, and will optimize your function.

- A simple, healthy and fun method of exercising
- Customized individual program designed for your specific goals
- Functional exercise programs taught by Redmond Ridge Physical Therapy Professionals

HOW DO I SIGN UP?

Contact Tommy at Redmond Ridge Physical Therapy 425-836-1034

Wear comfortable clothing and shoes

HOW MUCH DOES IT COST?

PRIVATE TRAINING SESSIONS

10 sessions \$650

Individual sessions \$70

SEMI-PRIVATE SESSIONS (UP TO 3 PEOPLE)

10 session \$400*

*Semi-private Sessions cannot be used for 1 on 1 training.

SPIN CLASSES

10 Classes \$150

10 Classes \$120*

1 on 1 Spin Coaching \$70 an hour

*with purchase of personal training package

Where your goals of health meet our vision, where an integrated approach enhances human performance