

Forge Strength and Chiropractic

Wellness & Performance Packages

Choose the plan that fits your lifestyle, goals, and schedule. Each package includes expert guidance, hands-on support, and personalized care to help you move, feel, and live better.

Foundation Plan — \$600/month

1 Session Per Week (4 per month)

Perfect for those getting started or maintaining progress.

Includes:

- One 1-hour Personal Training or Body Work session weekly
 - Custom Workout Program tailored to your individual goals
 - Full access to equipment
 - Ongoing Education in exercise, recovery, and injury prevention
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Progress Plan — \$1,100/month

2 Sessions Per Week (8 per month)

Ideal for steady progression and structured accountability.

Includes:

- Two 1-hour Personal Training or Body Work sessions weekly
 - Bi-weekly updates to your customized workout plan
 - Equipment access
 - Monthly Movement Assessment & Progress Review
 - Integrated Education in training principles and body mechanics
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Elite Performance Plan — \$1,600/month

3 Sessions Per Week (12 per month)

Designed for athletes or high performers committed to serious results.

Includes:

- Three 1-hour Personal Training or Body Work sessions weekly
 - Weekly-adapted training protocols based on progress
 - Full equipment access
 - Monthly Body Composition Scan & Performance Tracking
 - Priority scheduling & same-day support
 - Advanced Education in performance strategy and recovery
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Total Wellness Concierge — \$2,200/month

4 Sessions Per Week (16 per month)

Our most comprehensive, all-inclusive package for total mind-body transformation.

Includes:

- Four 1-hour Personal Training or Body Work sessions weekly
 - Fully integrated Fitness, Mobility & Recovery Program
 - Unlimited Support & Check-ins via text or email
 - Full equipment access
 - Monthly Movement Screen, Nutrition Guidance, and Lifestyle Consultation
 - Comprehensive Education in long-term wellness and self-care strategies
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À La Carte Bodywork Sessions

Professional, targeted therapy sessions to restore mobility, reduce pain, and enhance recovery. Available as add-ons or stand-alone services.

Techniques Used:

- Trigger Point Therapy: Releases muscle knots and relieves referred pain
- Myofascial Release: Frees connective tissue restrictions
- Manual Joint Mobilization: Improves range of motion and joint health

Bodywork Options:

- 15 Minutes – \$60
Quick tune-up or spot relief
- 30 Minutes – \$115
Focused work on one or two areas
- 60 Minutes – \$220
Comprehensive full-body session

Insurance & Reimbursement Policy

Please note: All services are considered out-of-network for insurance purposes.

- Full payment is required upfront at the time of service.
- A detailed superbill will be provided upon request so that you can submit it to your insurance company.
- Reimbursement is not guaranteed and will vary depending on your individual provider and plan coverage.
We recommend contacting your insurance company in advance to verify your out-of-network benefits.