How do you get started?

We schedule prospective clients for a no cost or obligation consultation. At that consultation we will do a movement screen with you. This will allow the trainer to see what level of flexibility and strength you are currently at. You will be able to discuss your goals and other issues (injuries, etc) at that time.

A Safe and Individualized approach to strength training. (tag line)

Our clients have different goals: Build strength, Increase Flexibility, Improve functional and daily movements, Train for an event, or Weight Loss. We will tailor your training program to the specific results you are looking for.

Some ways of training increase the chance of injury, we do not practice those types of training at The Method. Many of our clients have current or past injuries that can cause problems. We work with them to not aggravate those injuries or allow them to become an obstacle to their workouts.

Our Rates:

All Sessions are 60 minutes

1 time per week: $110 per session

2 times per week: $85 per session

3 times per week $80 per session

Add $40 for a Partnered Session

Example: A Partnered Session (2 people training together) coming twice a week is $125 per session

**NOTE to Designer: If you think anything could be worded better please take the liberty to change it**