



SERVICES

Physical Therapy: Our staff of licensed physical therapists and aides treats orthopedic and sports injuries, ranging from minor strains and sprains to severe, post-operative conditions. We work with all Bay Area physicians, and most major health plans are accepted.

Hours: By appointment, M-F: 7 am to 6 pm (5 pm Friday). Call 415-986-4979 to schedule.

Rates: Vary.

Acupuncture: A Clé Acupuncture, licensed Chinese medicine practitioner uses acupuncture and herbal medicine to alleviate pain, promote wellness and treat a variety of conditions. Major health plans are accepted.

Hours: By appointment. Call 415-595-9414 or schedule on-line at www.cleacupuncture.com.

Rates: Vary.

Massage: Therapeutic massage and professional bodywork by Greg Lewis, certified advanced massage therapist.

Hours: By appointment, Fridays only. Call 415-412-4822 to schedule.

Rates: 30 minutes \$50, 60 minutes \$90, 90 minutes \$130.

Circuit Training Class: These small, hour-long classes are designed to provide a challenging but safe workout for all fitness levels. A great way to improve strength, flexibility and overall fitness!

Hours: Monday - Friday 1-2 pm. Monday and Wednesday 5:30-6:30 pm

Rates: \$55 per month (including unlimited gym use), or \$15 per class.

Gym Use: Our gym, including use of our full-service men's and women's locker rooms (showers, towel service and restrooms), is open to the public.

Hours: M-Th 7:30 am to 7:00 pm (6:30 pm Friday).

Rates: \$25 per month, or \$10 per day.

Personal Training: Certified personal trainers or licensed physical therapists provide safe and effective personal training customized to your particular needs.

Hours: By appointment. Call 415-986-4979 to schedule.

Rates for certified personal trainer: 30 minutes \$50, 60 minutes \$90

Rates for licensed physical therapist: 30 minutes \$120, 60 minutes \$200

Back Class: Physical therapy staff member provides education in body mechanics and posture as well as a review of basic exercises to maintain good spinal health. One hour classes limited to six participants.

Hours: By appointment. Call 415-986-4979 to schedule.

Rates: \$30 per class.

Ultrahealth Sports Physical Therapy and Training

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