



MOVEMENT MENU

BALANCE
biomechanics

ONSITE GROUP TRAINING

Ninja Program Cost (all courses) 3,900 one time

Ninja Movement & Mobility 1800/course
Back Safety, Body/Movement Education
2-hours, one time, 16 students max

Mobility Leader *Train the Trainer 4,900/course
6-hours, pass/fail certification
12 students max

annual recertification refresher (2 hours) 1800/course

EARLY INTERVENTION

Massage Therapy, Kinesiology Taping,
Ergonomic Workstation Assessments,
Customized Wellness Exercise Bank

Onsite/In-Person Consultation 250.00

Virtual Consultation 200.00

Annual FITstop Contract: 24,000.00

First Aid & Wellness Management

Sprain/Strain Reduction

SPEAKING & CONSULTING

Speaker Fee 750.00

Hourly Consulting 250.00

1/2 Day Consulting 900.00

Full Day Consulting 1800.00

Custom & Discount Packages Available

720-503-2288 lori@balancebio.com