



# Life Wellness Services

**503.418.6272**

**march** = spring, growth, renewal, one step at a time.

**wellness** = energy, vitality, happiness, life balance.

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## Therapeutic Massage

60 minutes	\$100
90 minutes	\$150

## Fitness

Personal Training	\$100
Pilates Reformer Coaching	\$100
Yoga Coaching	\$100
Aqua Fitness Coaching	\$100
Swim Coaching (30 minutes)	\$65

## Wellness

Health Appraisal	\$100
Health Coaching	\$100
Nutrition Coaching	\$100
Body Composition	\$45

Members receive a 10% discount on prices listed above.

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**Schedule your appointment online  
@ [schedulicity.com](https://www.schedulicity.com)**

**Cancellation Policy:** 24 hours notice is required to reschedule a service without a fee. Cancellations made with less than 24 hours notice will be charged for the full service.

**Spa Gratuities:** Gratuities are welcome at your discretion.

**march wellness & fitness center**  
OHSU Center for Health and Healing  
3303 S. Bond Ave, Unit MW, 2nd Floor  
Portland, OR 97239-4501  
503.418.6272 f 503.418.9040  
[marchwellness.com](https://marchwellness.com)



# Achieve

**Achieve** offers march wellness & fitness members a personalized plan to achieve wellness goals. Mix and match the personal services you wish to use each month.

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## Express

*(expires 30 days from purchase)*

### Individual

4 services	\$300
6 services	\$450
8 services	\$600

### Group (2 or more people)\*

4 services	\$220
6 services	\$330
8 services	\$440

## Monthly Membership

*(expires at the end of each month)*

### Individual

4 services	\$280
6 services	\$420
8 services	\$560

### Group (2 or more people)\*

4 services	\$200
6 services	\$300
8 services	\$400

**Monthly** has the option to purchase additional single sessions for \$70, as needed. Monthly requires a 3 consecutive month commitment & EFT. Change/cancellation requests are required by the 20th of the month, for the following month.

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*Sessions are 50 minutes unless otherwise indicated.*

*\*Group pricing is per person.*

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