



march
wellness & fitness center



Life Wellness Services

503.418.6272

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

wellness = energy, vitality, happiness, life balance.

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.

**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.

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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





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MEDICAL
FITNESS
Association



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.

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.

Sessions are 50 minutes unless otherwise indicated.

**Group pricing is per person.*

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