Alexander Method, Inc.

Assessment Packages & Pricing

- Assessments can be scheduled separately to better accommodate client needs.
- Each assessment takes about 30 minutes.
- Follow up assessments are recommended 2 to 4 times per year.
- Each client has 18 months following the first completed assessment to schedule all remaining assessments.

Pricing & Description of each type of Assessment

Description of Assessment	Infinite Client/ Member Price	Outside Client Price
Resting Metabolic Assessment (daily calorie need/level of recovery or stress)	$150	$175
Active Metabolic Assessment (VO2/Aerobic & Anaerobic Zones)	$175	$200
Functional Movement Screen (which correctives you need)	$150	$175
Y-Balance Test (level of right-left assymetry/level of injury risk)	$125	$150

Active and Resting Metabolic Assessment Packages

Number of Pre-Purchased Assessments	Infinite Client/ Member Price	Outside Client Price
1 Resting & 1 Active Assessment	$300	$325
4-Pack (Quarterly/Semi-Annual)	$1,100 ($275 each)	$1,200 ($300 each)

Functional Movement Assessment Packages

Number of Pre-Purchased Assessments	Infinite Client/ Member Price	Outside Client Price
1 Functional Movement Screen & 1 Y-Balance Test	$275	$300
4-Pack (Quarterly/Semi-Annual)	$1,000 ($250 each)	$1,100 ($275 each)

Full Metabolic & Functional Packages
(All 4 Assessments)

Number of Pre-Purchased Assessments	Infinite Client/ Member Price	Outside Client Price
1-Time Purchase	$575	$650
4-Pack (Quarterly/Semi-Annual)	$2,000 ($500 each)	$2,200 ($550 each)

Additional Considerations:

Poor posture and decreasing metabolic performance are the norm as we age. Each assessment should be conducted at least once a year to ensure minor overuse issues or dysfunctional movement patterns do not lead to significant injury. Assessments packages are most informative when completed together, especially if they are being used to develop a corrective or performance program. Follow ups are best done after 8 to 13 weeks of consistently following the personalized program to improve function and performance.

mail: 766 St Clair St
Costa Mesa, CA 92626

phone: 949-375-3141
web: alexandermethodinc.com

fax: 949-756-8850
email: coach@alexandermethodinc.com