



OVERVIEW

What is ReCOVER?

Is ReCOVER only for athletes?

Should I visit ReCOVER often to see optimal benefits?

When can I come in for a facility tour?

Are 1-on-1 consultations available?

Yes they are. After your first session, one of our Team Members can put you on an individual recovery regimen to help you with your personal performance stressors.

Can I come to ReCOVER instead of physical therapy?

Is ReCOVER only for post-workout recovery?

While recovery is often thought of as a post-workout routine, there are a lot of benefits that can come from utilizing modalities at different times of the day. Especially for our ReBOOT modalities.

What are the ways that I can purchase sessions?

What should I do if I only have cash?