

SCIENCE-DRIVEN WELLNESS.
PERSONALIZED CARE.
PROVEN RESULTS.

Founded by Dr. Jennifer Ratner, a Doctor of Physical Therapy with 25+ years of experience, Ratner Performance bridges the gap between rehabilitation and lifelong wellness. Ratner Center for Physical Therapy and Wellness has been a trusted and leading rehabilitation center for many years and further expanded its wellness services, bringing you Ratner Performance. Every session blends evidence-based methods, personalized attention, and innovative recovery technology to help you live stronger for longer.

- 

Over two decades of clinical and performance experience
- 

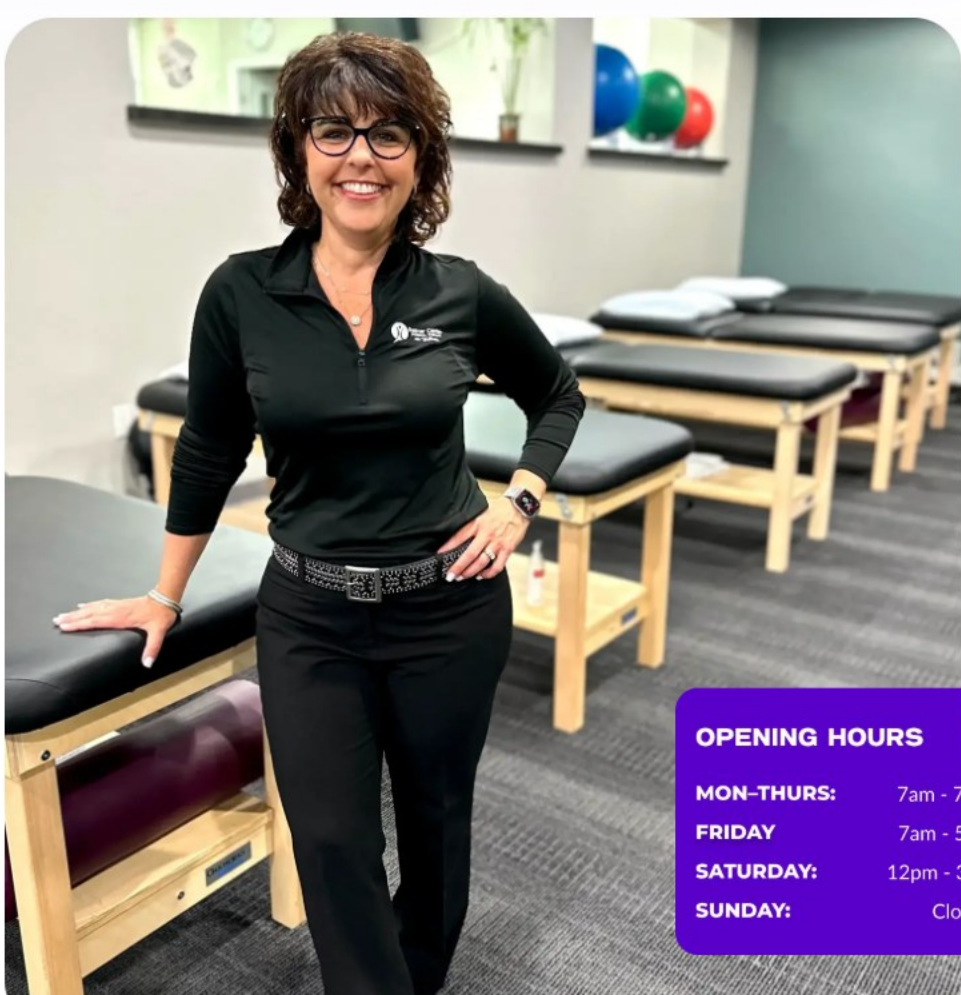
Comprehensive wellness solutions — bridging the gap from rehabilitation to peak performance
- 

Backed by advanced technologies: laser therapy, Normatec™ compression therapy, infrared sauna
- 

Trusted by thousands across Fort Worth

Whether you're searching for personal training, sports performance, or recovery services, Ratner Performance is your all-in-one destination for recovery and strength.

EXPLORE OUR SERVICES



OPENING HOURS

MON-THURS:	7am - 7pm
FRIDAY	7am - 5pm
SATURDAY:	12pm - 3pm
SUNDAY:	Closed

TRAIN. RECOVER. THRIVE.

Empower your body and mind with the perfect balance of strength training, rejuvenation, and holistic recovery, all under one roof at the premier wellness center.



PERSONAL TRAINING

Customized programs built around your body, goals, and lifestyle

PERSONALIZED WELLNESS →

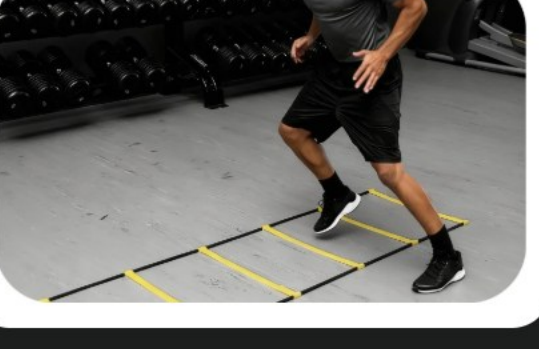




SPORTS PERFORMANCE

Evidence-based strength and conditioning focused on speed, agility, and injury prevention.

TRAIN SMARTER →





INFRARED SAUNA THERAPY

Detoxify, restore, and recharge with advanced infrared sauna technology.

DETOXIFY, RESTORE, AND RECHARGE →



SEE ALL SERVICES

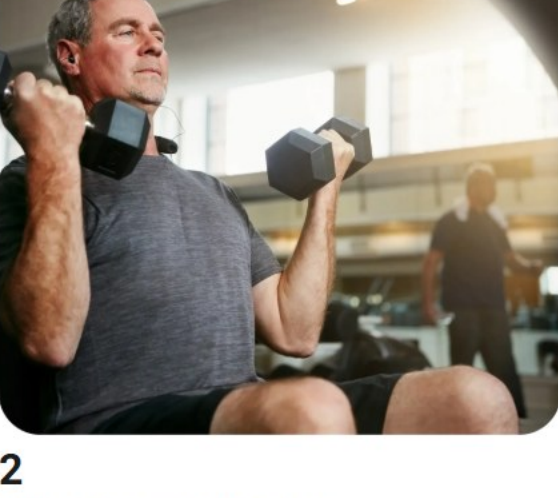
WHY CHOOSE RATNER PERFORMANCE

Our integrated approach makes Ratner Performance the go-to recovery center clients rely on to feel better, move stronger, and perform at their peak.



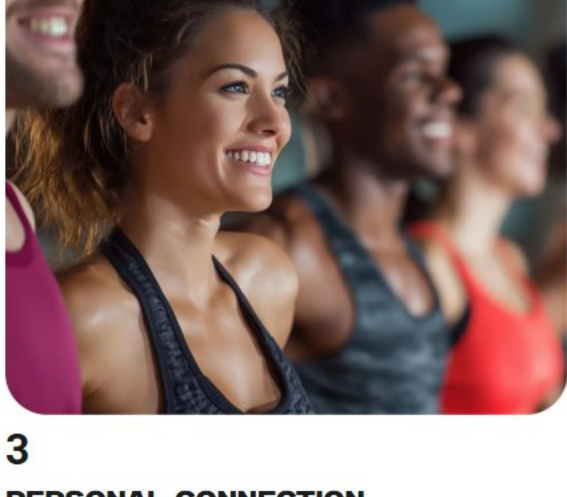
1
SCIENCE-BACKED APPROACH

Every service is grounded in evidence-based practice and clinical research from our expert physical therapy center.



2
WHOLE-PERSON CARE

We treat more than symptoms — we build resilience, confidence, and longevity through balanced recovery.



3
PERSONAL CONNECTION

A welcoming, supportive wellness center in the Fort Worth Community where your goals matter most.

MEET OUR TEAM

REAL CLIENTS.
REAL RESULTS.

See how the Ratner community is redefining wellness through recovery, strength, and connection. Our clients experience real transformations — from mobility and performance to confidence and longevity.

★★★★★

Kacie gave me a really good stretch that I needed. She's extremely knowledgeable and professional.



STEVE K.
Mar 10, 2026

★★★★★

Kacie and Thor are amazing! They are both extremely knowledgeable and are quick to pick up on my body language! I always feel great after working out.



ANNA C
Mar 10, 2026

★★★★★

Fabulous facility excellent and very knowledgeable trainers, conveniently located

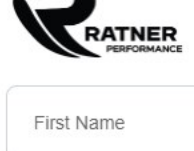


ROBERT G.
Mar 5, 2026

READ MORE REVIEWS

FIRST TIME?
EXPERIENCE THE POWER
OF INFRARED FOR JUST \$20.

Relax, detoxify, and recover faster with our \$20 Trial Sauna Pass — the perfect introduction to the Ratner Performance experience. Enjoy the warmth of our infrared sauna and see how quickly your body responds to true recovery and rejuvenation.



First NameLast Name

Email

Who referred you

CLAIM YOUR \$20 TRIAL PASS



MANAGE YOUR WELLNESS ANYWHERE.

Book sessions, track progress, and stay connected with the Ratner Performance community — all from your phone.

READY TO MOVE, RECOVER, AND FEEL YOUR BEST?

Take the first step toward a stronger, healthier you today at Ratner Performance, the leading wellness center in Fort Worth specializing in sports performance training, assisted stretching, and recovery center services. Whether you're training for competition or seeking long-term vitality, our team is here to help you restore balance and reach your highest potential.

CLAIM YOUR \$20 TRIAL PASS



(817) 328-1033
ratner@ratnerperformance.com
Ratner Performance 5500 Overton Ridge
Blvd #250 Fort Worth, TX 76132
Direction

SERVICE BOOKING

Infrared Sauna
Normatec Compression
Assisted Stretching
Personal Training
Holistic Wellness
Massage Therapy

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Reviews

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Studio Gallery

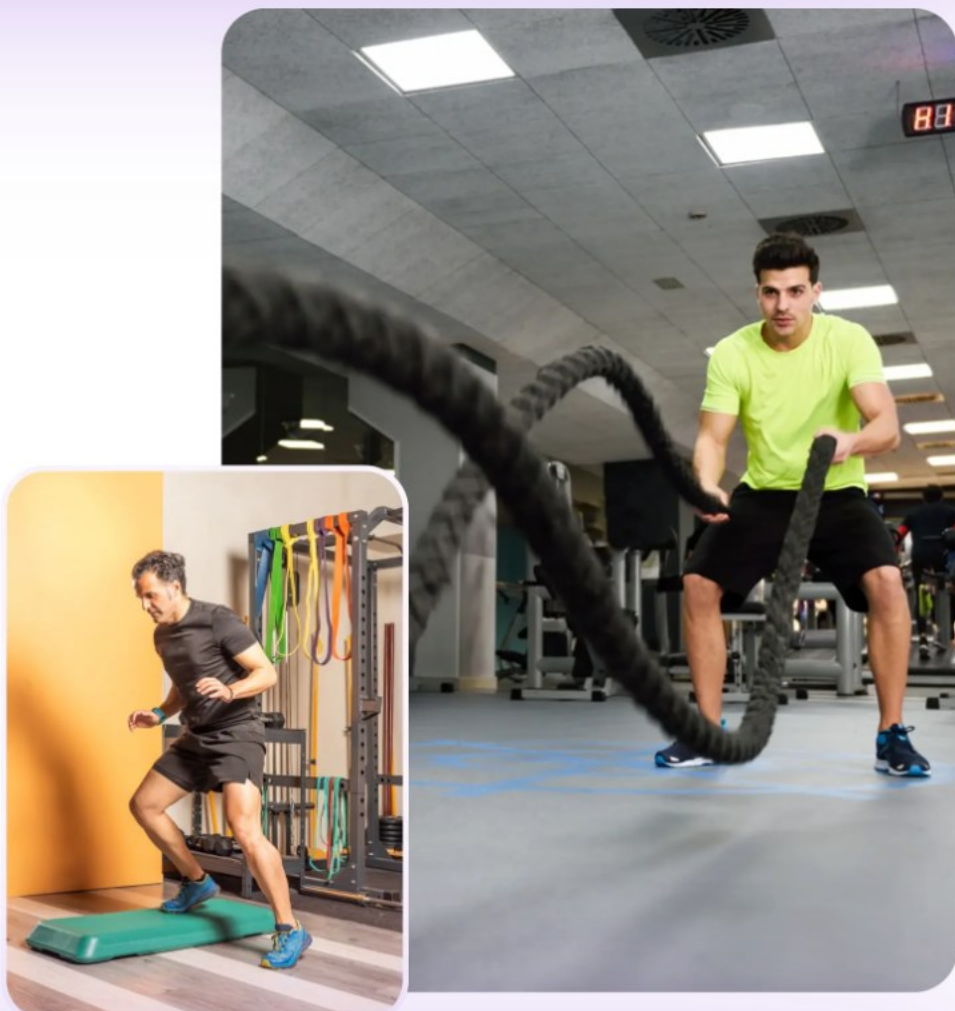
SOCIAL MEDIA



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MEET THE TEAM



EXPLORE OUR SERVICES



Sustainable wellness means
building habits that last a lifetime

Each value reflects the foundation of about Ratner Performance Center — where science, compassion, and personalized care come together for lasting recovery and wellness

BOOK NOW

START YOUR JOURNEY TODAY



BOOK YOUR \$20 TRIAL SAUNA PASS



Take the first step toward a stronger, healthier you today.

CLAIM YOUR \$20 TRIAL PASS

MEET THE PROFESSIONALS BEHIND YOUR WELLNESS JOURNEY.

At Ratner Performance, our experienced team blends advanced education, hands-on experience, and a shared passion for helping clients live stronger, healthier lives. Our staff includes highly skilled personal trainers and a Functional Diagnostic Nutritionist Practitioner all dedicated to delivering expert guidance and personalized care. Together, we bring science, compassion, and enthusiasm to every session so you can move, recover, and perform at your best.

[BOOK A SESSION](#)[EXPLORE OUR SERVICES](#)

A TEAM BUILT ON EXPERTISE AND CONNECTION.

Every member of our team brings a unique skill set to your wellness journey from expertise in rehabilitation, personal training, and nutrition. Our collective goal is to deliver a well-rounded program that inspires progress, resilience, and long-term well-being.

[BOOK YOUR CONSULT NOW](#)

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Every member of our team brings a unique skill set to your wellness journey—from expertise in rehabilitation, personal training, and nutrition. Our collective goal is to deliver a well-rounded program that inspires progress, resilience, and long-term well-being



KACIE BRANN
PTA, CPT, WELLNESS MANAGER

Kacie is a certified personal trainer with a B.S. in Kinesiology from the University of North Texas and a decade of experience in both private and clinical settings. She helps clients regain movement, build strength, and rediscover confidence through customized training and functional movement programs.



DR. RACHEL FAIR
PT, DPT, FDN-P, FUNCTIONAL NUTRITIONIST

Rachel is a Doctor of Physical Therapy and a Functional Diagnostic Nutrition Practitioner (FDN-P) certified through Functional Diagnostic Nutrition. Through functional medicine, she will provide a holistic, root-cause approach to healing — combining functional lab testing, nutrition, and lifestyle strategies.



ADAM MAUER
CPT, PERSONAL TRAINER

Adam has a Bachelor of Science and is a certified personal trainer through NASM and brings 11+ years of experience in strength training, functional movement, and overall wellness coaching. His coaching approach is personalized and results-driven, emphasizing proper technique, sustainable habits, and long-term success.



SETH GLOVIER
LICENSED MASSAGE THERAPIST

Born and raised in the Fort Worth area, Seth is a Licensed Massage Therapist with over 16 years of experience helping clients reduce pain, improve mobility, and support long-term musculoskeletal health.



BLAKE NUNNELEE
CPT, CERTIFIED PERSONAL TRAINER,
STRETCH PRACTITIONER

Blake obtained his B.S. in exercise science from the University of Arkansas, he is a National Academy of Sport Medicine (NASM) certified personal trainer, and certified stretch practitioner.

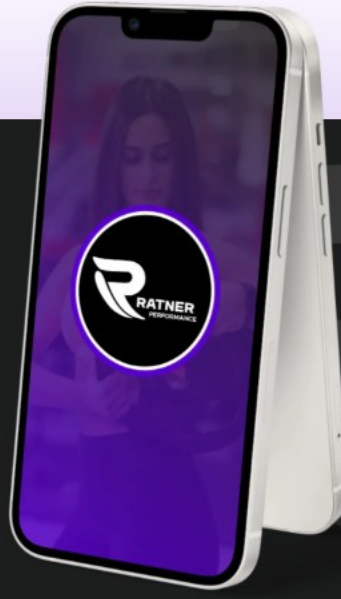
COMPASSION. CONNECTION. COMMITMENT.

At Ratner Performance, we believe wellness extends beyond the physical, it's about nurturing your mind-body connection and overall well-being. Every session is guided by a certified personal trainer who understands your unique goals and tailors your program for lasting results. Our team includes certified personal trainers clients trusts, as well as a Functional Diagnostic Nutrition Practitioner (FDN-P) all dedicated to providing a complete approach to health. From your first visit to your lifelong wellness journey, we're committed to being your trusted team for life.

[MEET US IN PERSON](#)

MANAGE YOUR WELLNESS ANYWHERE.

Book sessions, track progress, and stay connected with the Ratner Performance community — all from your phone.



START YOUR JOURNEY WITH THE EXPERTS WHO CARE.

Your goals are our purpose. Whether you're training, recovering, or improving your overall wellness, our team is here to guide every step.

[CLAIM YOUR \\$20 TRIAL PASS](#)

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ratner@ratnerperformance.com

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Blvd #250 Fort Worth, TX 76132

[Direction](#)

SERVICE BOOKING

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Studio Gallery

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EVERYTHING YOU NEED TO KNOW

Your most frequently asked questions about Ratner Performance, our services, memberships, and policies all answered in one place.

Welcome to our FAQs page! Whether you're new to Ratner Performance or a returning client, you'll find answers to the most common frequently asked questions about booking, memberships, and what to expect during your visit.

[BOOK NOW](#)

GENERAL FAQs

SERVICES & SESSIONS

MEMBERSHIPS & OFFERS

POLICIES

FUNCTIONAL NUTRITION & HOLISTIC WELLNESS

WHERE IS RATNER PERFORMANCE LOCATED?

We're located at 5500 Overton Ridge Blvd #250, Fort Worth, TX 76132, near Hulen Mall, with ample parking available.

WHAT ARE YOUR HOURS?

HOW DO I BOOK A SESSION?

DO I NEED A MEMBERSHIP TO BOOK A SESSION?

DO YOU ACCEPT WALK-INS?

SEND US A MESSAGE

Use the form below to Contact Us with any questions about services, bookings, or memberships. Our team will respond within 1-2 business days.

FIRST NAME *

LAST NAME *

EMAIL *

WRITE US A MESSAGE

[SEND MESSAGE](#)



OUR ADDRESS

Ratner Performance
5500 Overton Ridge Blvd #250 Fort Worth, TX 76132



EMAIL ADDRESS

ratner@ratnerperformance.com



TELEPHONE

(817) 328-1033



SOCIAL LINKS

Stay inspired, join events, and keep up with studio updates.



OFFICE TIMING

MON-THURS: 07:00 - 07:00
FRIDAY: 07:00 - 06:00
SATURDAY: 12:00 - 03:00
SUNDAY: Closed

VISIT US

We're conveniently located near Costco in Fort Worth. Use the map below to find directions and parking or Contact Us for location assistance.

MANAGE YOUR WELLNESS ANYWHERE.

Book sessions, track progress, and stay connected with the Ratner Performance community – all from your phone.



STILL HAVE QUESTIONS?

Didn't find the answer you were looking for? Contact our team, we're here to help guide you through your next step in the Ratner Performance community.

[CLAIM YOUR \\$20 TRIAL PASS](#)



[\(817\) 328-1033](#)

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REAL PEOPLE. REAL PROGRESS.

Look at how our community thrives through movement, recovery, and results. These Client Reviews and client success stories highlight the real impact Ratner Performance has made on people's lives from athletes to professionals to those simply looking to feel their best.



★★★★★ 11 Reviews

Most recent

[WRITE A REVIEW](#)

- 
- CHRISTOPHER K.**
★★★★★ Aug 17, 2026
Seth provided a great therapeutic massage. I had problems moving my neck with pain radiating along my shoulder and up behind my ears. Seth communicated well, checking in on pressure tolerance. He identified the problem points and properly worked those areas. I felt great relief afterwards and was able to look side to side with much reduced pain. I will make follow up visits to focus on my neck and continue to improve mobility and reduce pain. I highly recommend Ratner Performance for its spacious comfortable facility and knowledgeable, professional staff.
- 
- TOBY S.**
★★★★★ Aug 15, 2026
Really enjoying my workout!
Love being able to shower and head straight to work
Would like to be able to purchase the work out sessions in the app
- 
- MARSHA S.**
★★★★★ Aug 14, 2026
Thrilled with the professionalism, promptness and expertise of all staff, excellent equipment and atmosphere, and to have a road map and partners on the journey to better health!
- 
- STEVE R.**
★★★★★ May 20, 2026
My trainer Thor, has been fantastic in putting a program together to meet my needs. Facilities are great! Highly recommend
- 
- STEVE K.**
★★★★★ Mar 10, 2026
Kacie gave me a really good stretch that I needed. She's extremely knowledgeable and professional.
- 
- ANNA C.**
★★★★★ Mar 10, 2026
Kacie and Thor are amazing! They are both extremely knowledgeable and are quick to pick up on my body language! I always feel great after working out.
- 
- ROBERT G.**
★★★★★ Mar 5, 2026
Fabulous facility excellent and very knowledgeable trainers, conveniently located
- 
- CAROL K.**
★★★★★ Mar 4, 2026
I had a great first training session with Kacie. The workout was well structured, appropriate for my fitness level, and I especially appreciated how Kacie made sure my form was correct. I left feeling confident that I am in great hands as I begin this training program. I highly recommend Kacie and Ratner Performance!!
- 
- ROBERT G.**
★★★★★ Mar 3, 2026
Facility and deeply experienced trainers are excellent.
- 
- STEVE K.**
★★★★★ Mar 3, 2026
Kacie explained to me what my choices were in a very knowledgeable and professional way.

1 2 >

WATCH OUR CLIENTS IN ACTION

Coming soon — a dynamic showcase of client success stories told through video. See Ratner clients reviews come to life as members share their journeys, milestones, and the moments that transformed their wellness.



MELISSA T.

44

"I joined the monthly membership and it's the best investment I've made in myself. The facility is spotless, and the staff genuinely cares about your goals."



[FOLLOW US ON INSTAGRAM](#)

MANAGE YOUR WELLNESS ANYWHERE.

Book sessions, track progress, and stay connected with the Ratner Performance community – all from your phone.



READY TO MOVE, RECOVER, AND FEEL YOUR BEST?

Take the first step toward a stronger, healthier you today.

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SERVICES

Welcome to Ratner Performance—where your goals guide everything we do. From personal training and sports performance to Normatec compression, infrared sauna, massage therapy, assisted stretching, and functional nutrition, we're here to help you move well, recover fully, and feel your best.

EXPLORE OUR SERVICES

PERFORMANCE & TRAINING

RECOVERY & RESTORE

NUTRITION & LIFESTYLE

PERSONAL TRAINING

WHAT IT IS:

Fully customizable personal training built around your goals, movement patterns, and lifestyle.

BENEFITS:

IDEAL FOR:

SESSION LENGTH:

PRO TIP:

BOOK PERSONAL TRAINING

EXPLORE PACKAGES



SPORTS PERFORMANCE

HOW IT HELPS:

Evidence-based sports performance training for athletes and active individuals who want to achieve peak performance in any activity or sport.

BENEFITS:

IDEAL FOR:

SESSION LENGTH:

PRO TIP:

Our sports performance training programs combine data-driven coaching, athletic science, and hands-on instruction to help every athlete reach their full potential.

START TRAINING

EXPLORE PACKAGES

NOT SURE WHERE TO START?

ANSWER 3 QUICK QUESTIONS AND
WE'LL RECOMMEND A PLAN:



Goal:

Pain Relief / Longevity / Performance / Stress Relief



Time per week:

1x / 2x / 3x



Preference:

Guided Training / Self-Care Recovery / Both



Suggested Starts:

- Pain Relief: Massage Therapy + Assisted Stretching (1-2x/week)
- Recovery: Infrared Sauna (2x/week) + Assisted Stretching (1x/week)
- Performance: Personal Training (2x/week) + Normatec (1x/week)
- Longevity: Nutrition/Lifestyle Coaching + Personal Training (2x/week)



EVERYTHING YOU NEED TO KNOW BEFORE YOU BEGIN

DOWNLOAD THE APP

DO I BUY FIRST OR BOOK FIRST?

Either works. You can buy a pass/package in the Store or book a single session and decide later.

CAN I STACK SERVICES IN ONE VISIT?

IS THERE AN APP?

MANAGE YOUR WELLNESS ANYWHERE.

Book sessions, track progress, and stay connected with the Ratner Performance community – all from your phone.



READY TO BUILD YOUR ROUTINE?

Browse our service bookings to learn more about our services to help you reach your goals.

CLAIM YOUR \$20 TRIAL PASS



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RELAX DEEPER. RECOVER FASTER. PERFORM BETTER.

Experience full-spectrum infrared therapy that rejuvenates your body from the inside out.

Step into the science of recovery. At Ratner Performance, our state-of-the-art infrared saunas combine near (NIR), mid (MIR), and far (FIR) infrared wavelengths to help you detoxify, reduce inflammation, improve circulation, and restore balance naturally.

CLAIM \$20 TRIAL SAUNA PASS

BOOK A SAUNA SESSION

THE POWER OF LIGHT FOR WHOLE-BODY WELLNESS

Unlike traditional saunas that heat the air, infrared saunas use therapeutic light wavelengths to gently warm your body from within activating deep tissue repair and cellular renewal. This process enhances blood flow, stimulates metabolism, and supports the body's natural healing process without extreme temperatures.



INFRARED SPECTRUM BENEFITS:



NEAR INFRARED (NIR)

Supports cellular regeneration and healing.



MID INFRARED (MIR)

Increases circulation and boosts cardiovascular function.



FAR INFRARED (FIR)

Promotes detoxification, muscle recovery, and deep relaxation.

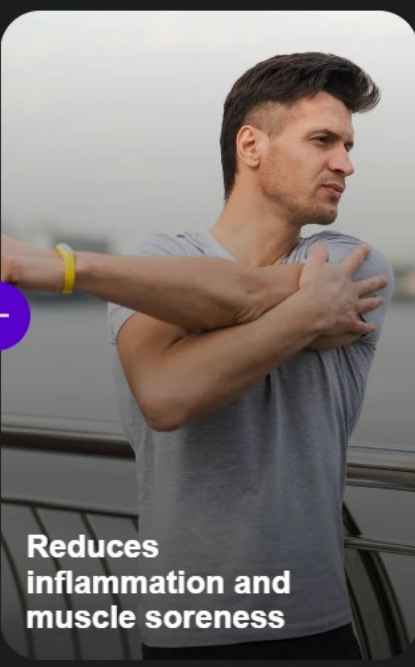


COLOR LIGHT THERAPY

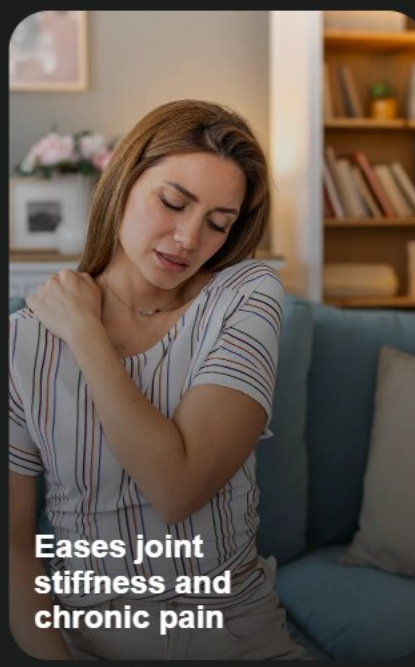
A method of treatment that uses the visible spectrum (colors) of electromagnetic light to treat diseases. It is a concept based on the use of various light colors with respective health benefits.

LEARN MORE ABOUT RECOVERY SCIENCE

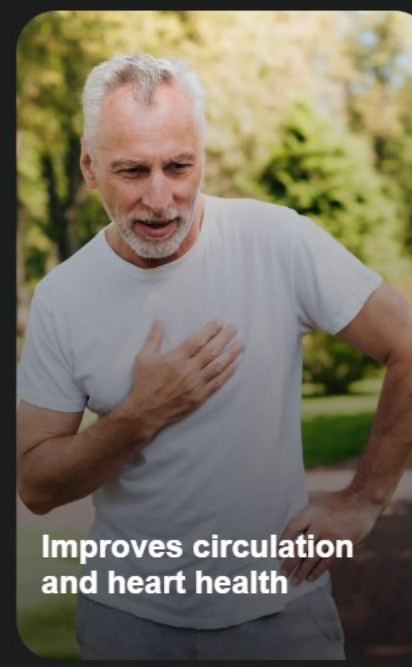
PROVEN BENEFITS THAT GO BEYOND RELAXATION



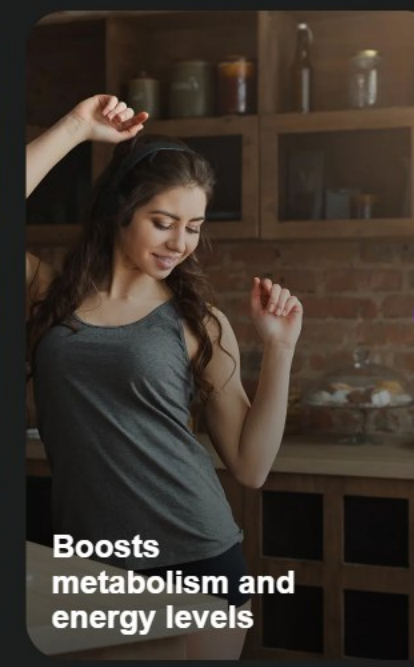
Reduces inflammation and muscle soreness



Eases joint stiffness and chronic pain



Improves circulation and heart health



Boosts metabolism and energy levels

BOOK YOUR SESSION

YOUR SAUNA EXPERIENCE AT RATNER PERFORMANCE

Your infrared session takes place in a private, temperature-controlled sauna suite designed for comfort and calm. We recommend hydrating before and after your session. Expect a soothing, gradual warmth that promotes a deep sweat at a lower temperature (115°–135°F) – leaving you feeling lighter, looser, and more energized.

SESSION DETAILS:



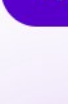
Duration:
45 minutes per session



Recommended Frequency:
2–4 sessions per week for best results



Amenities
Towels, water, in-suite smart TV with available streaming of music/programs, and private shower facility.



Booking:
Online, in-person, or through the Ratner Performance App

BOOK A SAUNA SESSION

DOWNLOAD THE APP



SIMPLE, FLEXIBLE SAUNA OPTIONS

\$20 TRIAL SAUNA PASS

\$20

First-time visitors

4 SAUNA SESSIONS

\$140 (\$35/session)

Light recovery plan

8 SAUNA SESSIONS

\$240 (\$30/session)

Regular users (2x/week)

20 SAUNA SESSIONS

\$500 (\$25/session)

Long-term commitment & savings

SAUNA 4X A MONTH MEMBERSHIP

\$99 (\$24.75/session)

Habit-building

SAUNA 8X A MONTH MEMBERSHIP

\$159 (\$19.80/session)

Enhanced experience + add-ons

BUY SAUNA PACKAGE

BOOK YOUR SESSION

REAL CLIENTS. REAL RESULTS.

READ MORE REVIEWS

★★★★★

Kacie gave me a really good stretch that I needed. She's extremely knowledgeable and professional.

 **STEVE K.**
Mar 10, 2026

★★★★★

Fabulous facility excellent and very knowledgeable trainers, conveniently located

 **ROBERT G.**
Mar 5, 2026

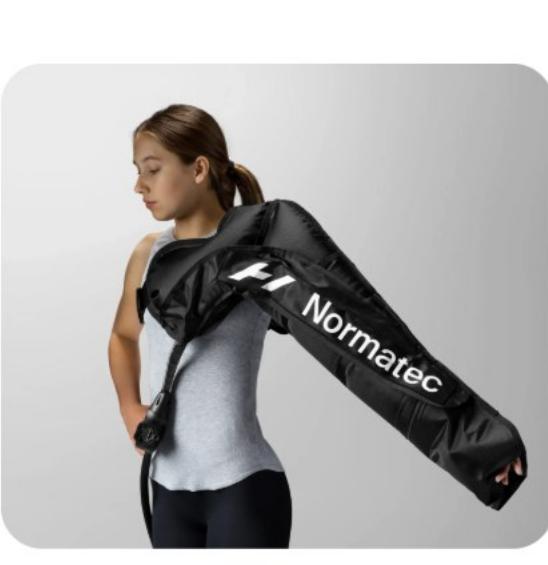
★★★★★

Facility and deeply experienced trainers are excellent.

 **ROBERT G.**
Mar 3, 2026

ENHANCE YOUR RECOVERY

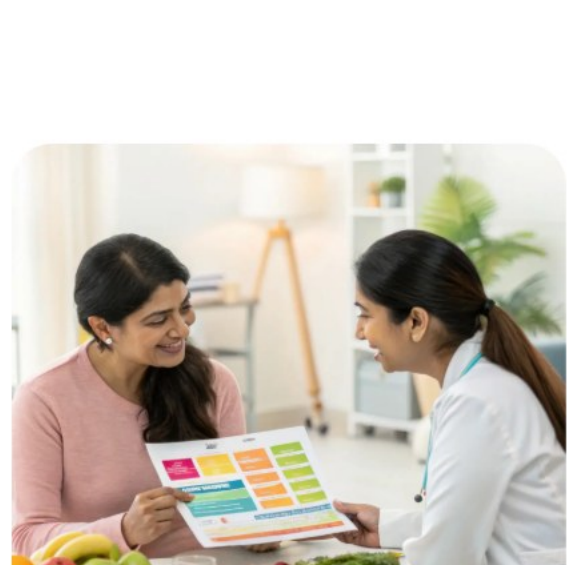
Combine your infrared sauna sessions with these additional services for maximum benefits:



1

NORMATEC COMPRESSION THERAPY

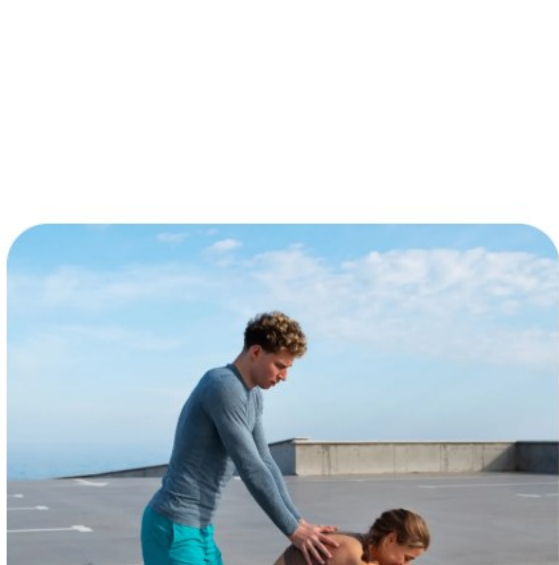
Amplify circulation and muscle recovery.



2

FUNCTIONAL NUTRITION

Learn lifestyle changes to promote overall health.



3

ASSISTED STRETCHING

Improve flexibility and range of motion.

MEET OUR TEAM

MANAGE YOUR WELLNESS ANYWHERE.

Book sessions, track progress, and stay connected with the Ratner Performance community – all from your phone.

GET IT ON
Google Play

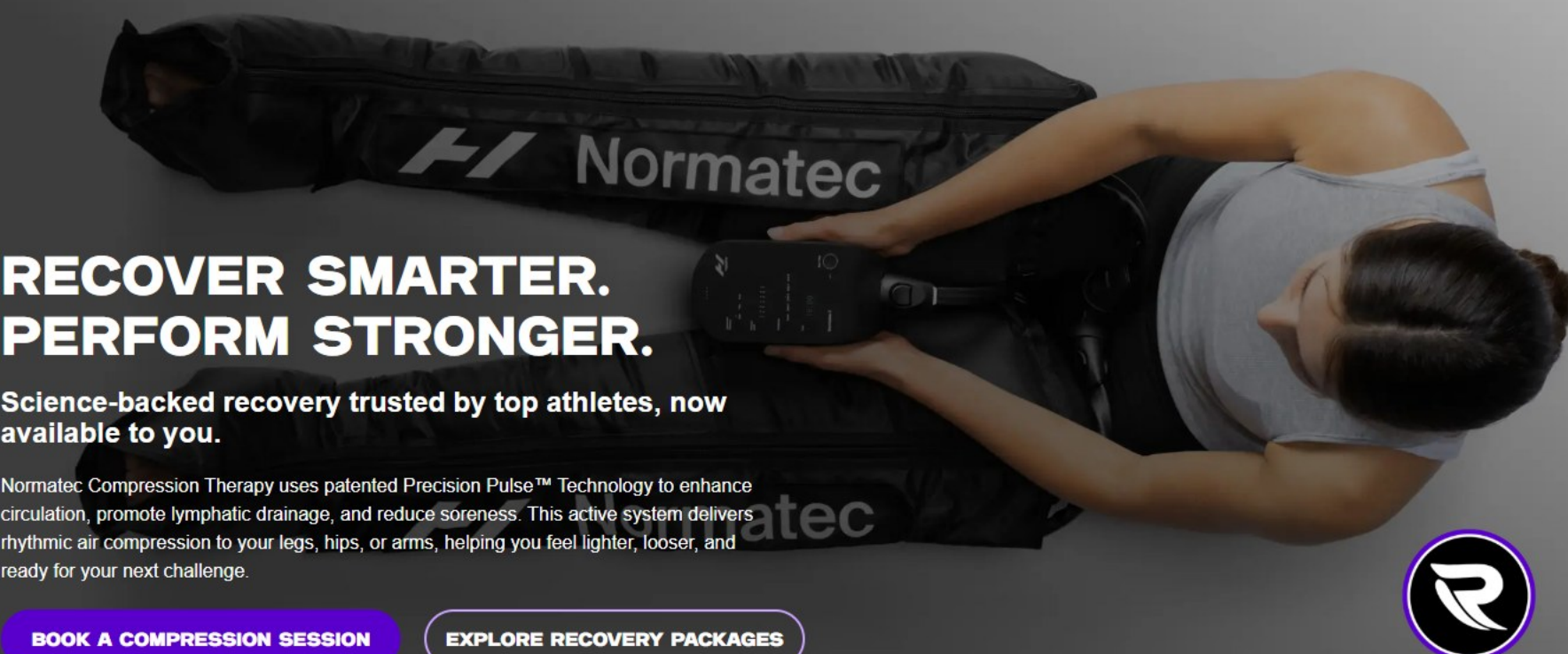
Download on the
App Store



START YOUR RECOVERY JOURNEY TODAY.

Experience the proven benefits of infrared sauna therapy and discover a smarter way to recover.

CLAIM YOUR \$20 TRIAL PASS



RECOVER SMARTER. PERFORM STRONGER.

Science-backed recovery trusted by top athletes, now available to you.

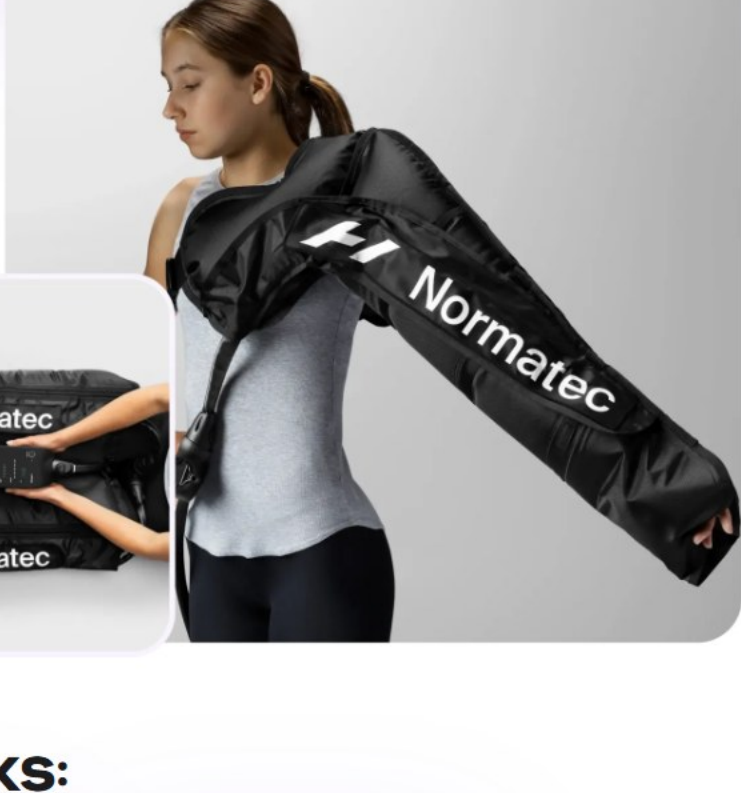
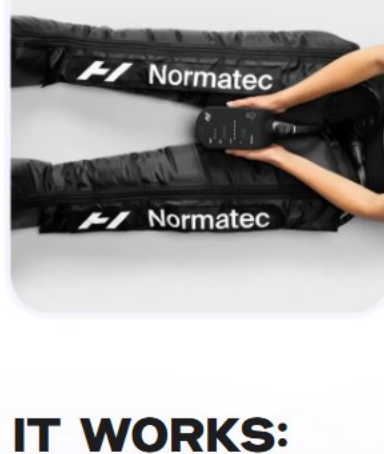
Normatec Compression Therapy uses patented Precision Pulse™ Technology to enhance circulation, promote lymphatic drainage, and reduce soreness. This active system delivers rhythmic air compression to your legs, hips, or arms, helping you feel lighter, looser, and ready for your next challenge.

[BOOK A COMPRESSION SESSION](#)[EXPLORE RECOVERY PACKAGES](#)



THE TECHNOLOGY THAT CHANGED RECOVERY

Developed by an MD and PhD and trusted by elite athletes worldwide, Normatec mimics the body's natural muscle pumps and one-way valves to move fluid efficiently through the limbs. This promotes faster healing, reduces swelling, and restores mobility.



HOW IT WORKS:



DYNAMIC AIR COMPRESSION:

Sequential zones gently massage muscles to improve blood flow.



ZONEBOOST™ TECHNOLOGY:

Customizable pressure for targeted relief.

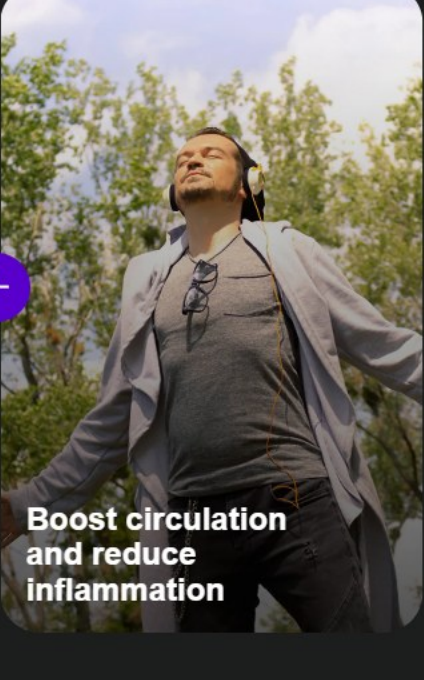


PRECISION PULSE™:

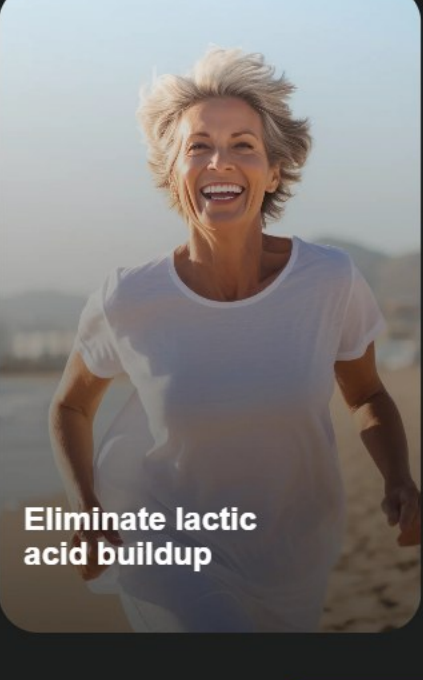
Enhances recovery without discomfort or downtime.

[BOOK NOW TO EXPERIENCE IT](#)

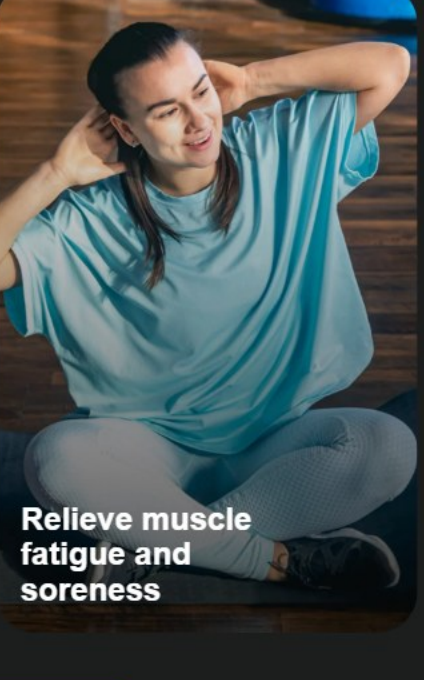
FEEL THE DIFFERENCE AFTER JUST ONE SESSION



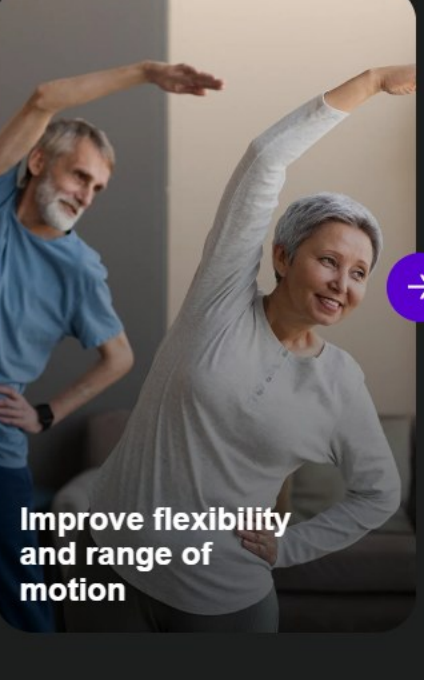
Boost circulation and reduce inflammation



Eliminate lactic acid buildup



Relieve muscle fatigue and soreness



Improve flexibility and range of motion

[BOOK YOUR SESSION](#)

YOUR NORMATEC EXPERIENCE

Each session takes place in our comfortable recovery chairs. You'll relax in a reclined position while the Normatec system provides targeted compression through advanced air chambers. Most clients describe it as a refreshing, restorative massage for tired muscles.

SESSION DETAILS:



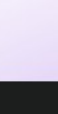
Duration:
30 min or 60 min



Frequency:
2-5 times per week for active recovery

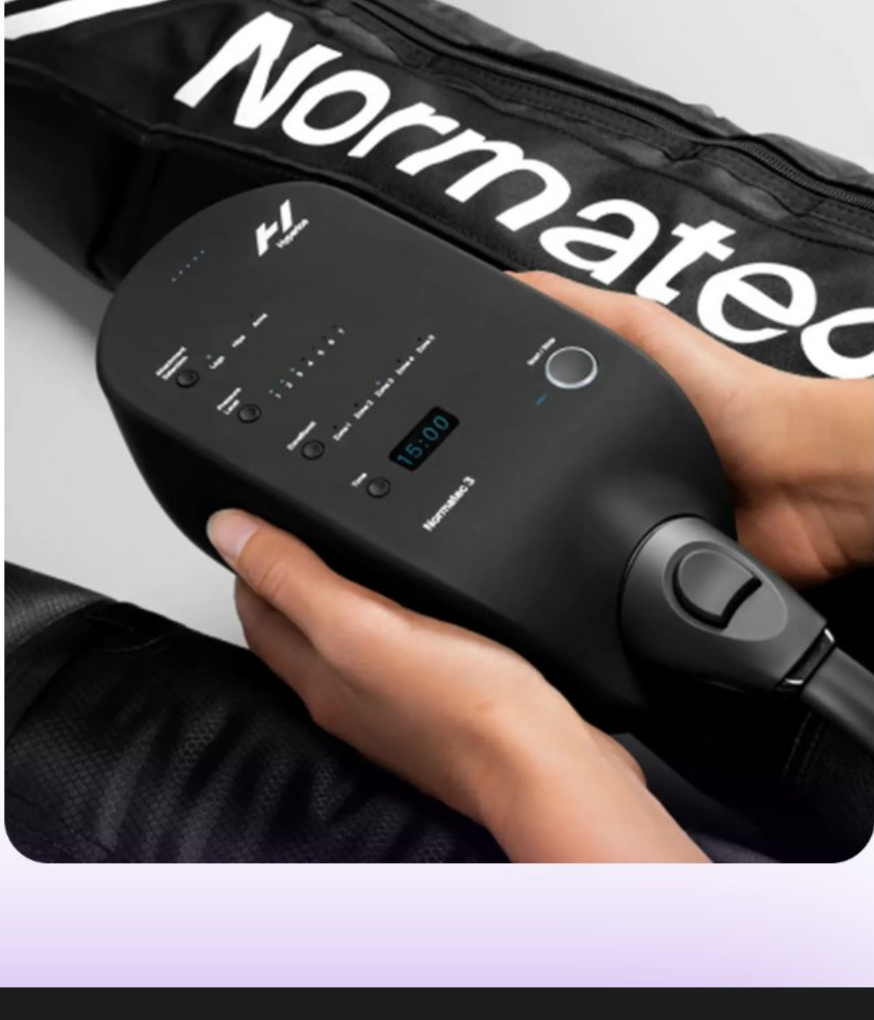


Areas Treated:
Legs, hips, or arms



Booking:
Online, in person, or through the Ratner App

[BOOK A COMPRESSION SESSION](#)[DOWNLOAD THE APP](#)



FLEXIBLE OPTIONS FOR EVERY ROUTINE

SINGLE SESSION

\$25

30 min

4 SESSIONS

\$80 (\$20/session)

(30 min)

8 SESSIONS

\$120 (\$15/session)

(30 min)

SINGLE SESSION

\$45

60 min

4 SESSIONS

\$160 (\$40/session)

(60 min)

8 SESSIONS

\$280 (\$35/session)

(60 min)

[BUY A RECOVERY PACKAGE](#)[BOOK A SESSION](#)

TRUSTED BY ATHLETES. LOVED BY EVERYONE.

★★★★★

Kacie and Thor are amazing! They are both extremely knowledgeable and are quick to pick up on my body language! I always feel great after working out.



ANNA C.
Mar 10, 2026

★★★★★

I had a great first training session with Kacie. The workout was well structured, appropriate for my fitness level, and I especially appreciated how Kacie made sure my form was correct. I left feeling confident that I am in great hands as I begin this training program. I highly recommend Kacie and Ratner Performance!!



CAROL K.
Mar 4, 2026

★★★★★

Facility and deeply experienced trainers are excellent.

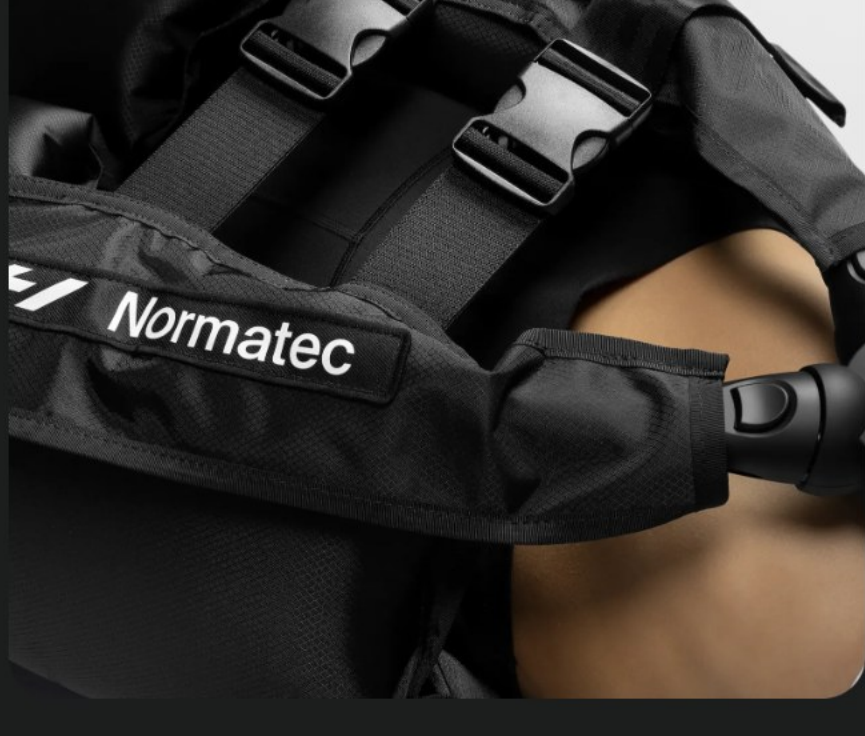


ROBERT G.
Mar 3, 2026

[READ MORE REVIEWS](#)

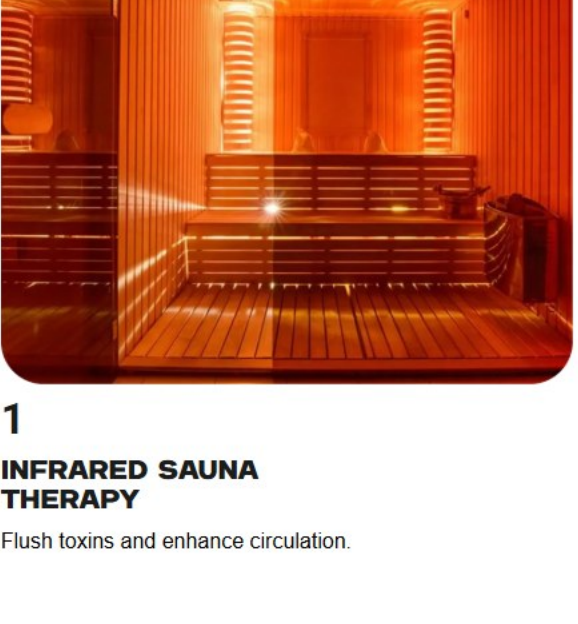
RECOVERY DESIGNED FOR EVERY BODY

You don't have to be a professional athlete to recover like one. At Ratner Performance, our recovery programs combine medical expertise and modern technology to help every client move, feel, and perform better from weekend warriors to lifelong athletes.

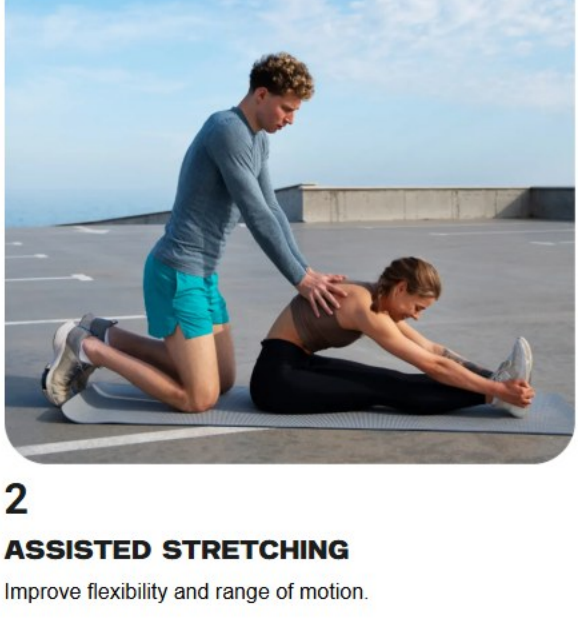
[BOOK YOUR FIRST SESSION](#)

AMPLIFY YOUR RESULTS

Combine Normatec Compression Therapy with other recovery and performance services for total-body rejuvenation:



1 INFRARED SAUNA THERAPY
Flush toxins and enhance circulation.



2 ASSISTED STRETCHING
Improve flexibility and range of motion.

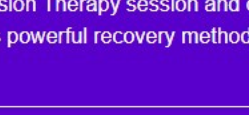
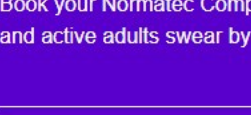


3 FUNCTIONAL NUTRITION
Learn lifestyle changes to promote overall health.

[EXPLORE RECOVERY OPTIONS](#)

MANAGE YOUR WELLNESS ANYWHERE.

Book sessions, track progress, and stay connected with the Ratner Performance community – all from your phone.





READY TO RECOVER SMARTER?

Book your Normatec Compression Therapy session and discover why top athletes and active adults swear by this powerful recovery method.

[CLAIM YOUR \\$20 TRIAL PASS](#)



(817) 328-1033

ratner@ratnerperformance.com

Bld #250 Fort Worth, TX 76132

Direction

SERVICE BOOKING

Infrared Sauna
Normatec Compression
Assisted Stretching
Personal Training
Holistic Wellness
Massage Therapy

ABOUT US

Meet The Team
FAQ's
Reviews

USEFUL LINKS

New to Wellness
Studio Gallery

SOCIAL MEDIA



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RESTORE MOVEMENT. RELIEVE TENSION. REDEFINE HOW YOU MOVE.

Experience 1 on 1 assisted stretching designed to help your body move freely and feel better every day.

At Ratner Performance, we believe movement is medicine. Our assisted stretching sessions combine expert guidance and proven techniques to release tight muscles, improve flexibility, and restore your natural range of motion. Whether you're recovering from training or combating daily stiffness, this is your path to freedom of movement.

Look how full body assisted stretching can enhance your posture, relieve pain, and transform the way you move.

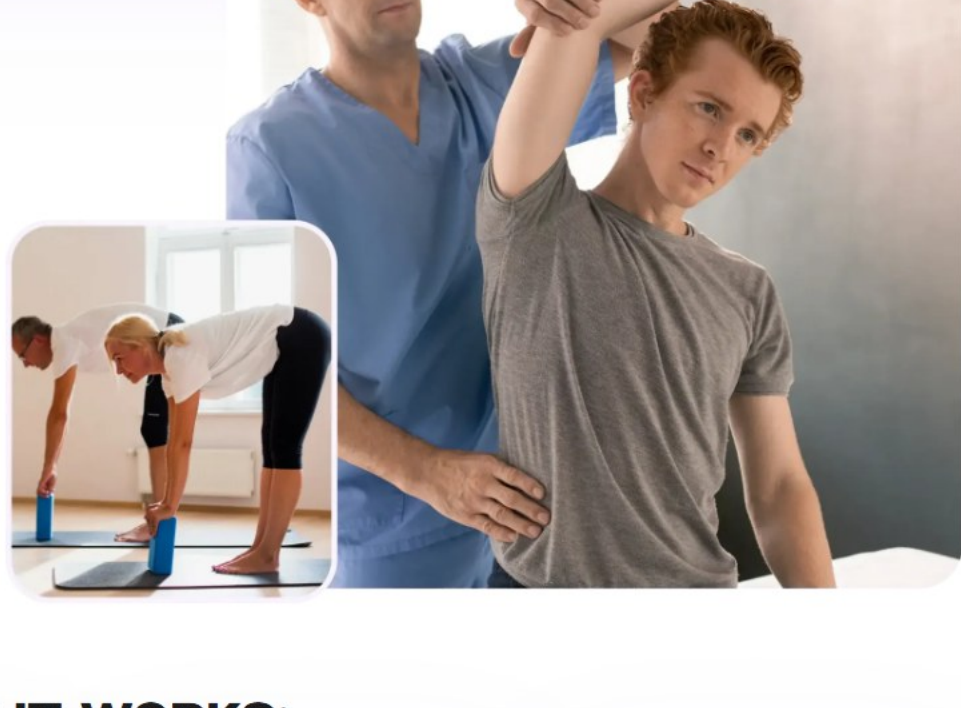
[BOOK A STRETCH SESSION](#)

[EXPLORE STRETCH PACKAGES](#)



FUNCTIONAL MOVEMENT. REAL RESULTS.

Our assisted stretching sessions are rooted in biomechanics and movement science. During each session, your experienced service provider will work one-on-one with you to target tightness and imbalance in specific muscle groups. This hands-on approach activates muscles through guided motion, helping to realign the body and promote better flexibility and circulation.



HOW IT WORKS:



CONTROLLED, ACTIVE-ASSISTED STRETCHES ENHANCE RANGE OF MOTION



GUIDED BREATHWORK IMPROVES OXYGEN FLOW AND RECOVERY



SESSIONS ARE TAILORED TO YOUR BODY'S NEEDS AND GOALS



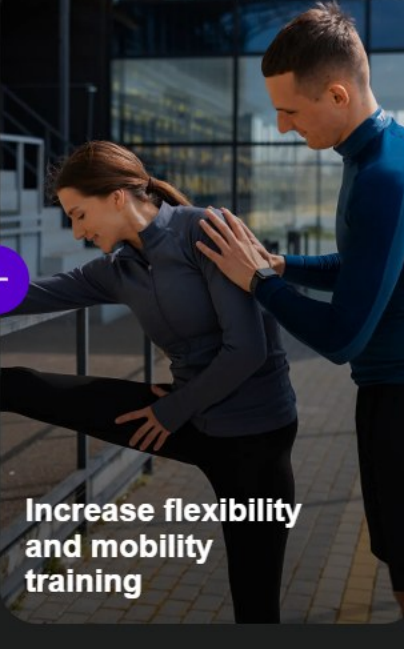
BOOK IN PERSON WITH OUR SPECIALISTS

This evidence-based form of stretching therapy supports long-term joint health and muscle balance.

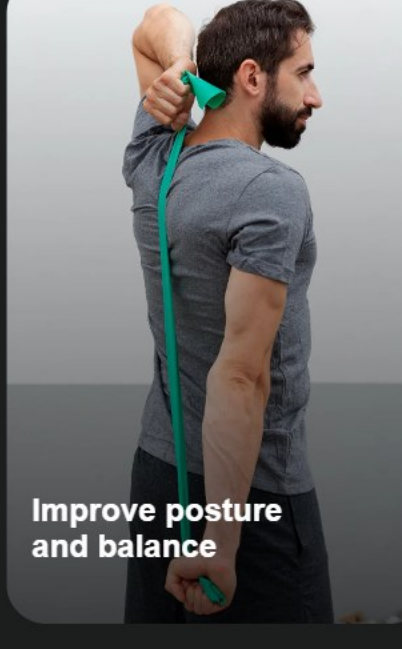
[BOOK NOW TO FEEL THE DIFFERENCE](#)

UNLOCK YOUR BODY'S FULL POTENTIAL

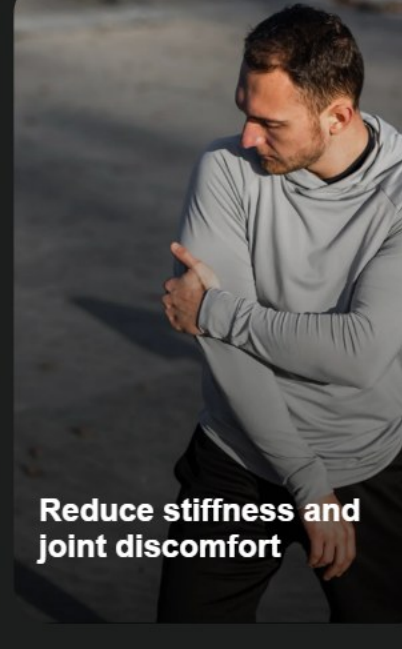
Through consistent assisted stretching, you'll experience deeper range of motion and improved recovery, whether for athletic performance or everyday wellness.



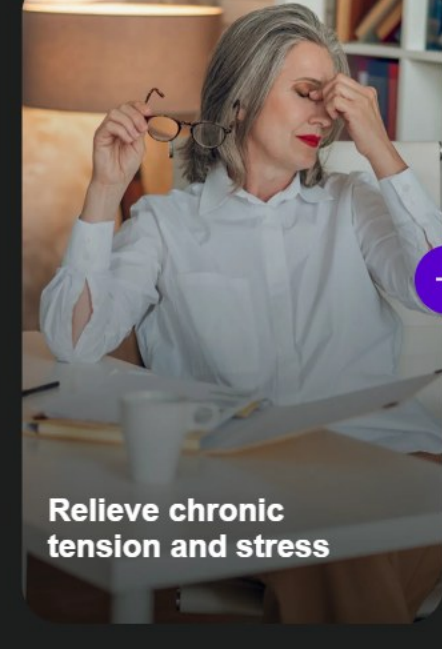
Increase flexibility and mobility training



Improve posture and balance



Reduce stiffness and joint discomfort



Relieve chronic tension and stress

[SCHEDULE A SESSION](#)

EVERYONE DESERVES TO MOVE BETTER.

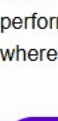
Assisted stretching is ideal for anyone looking to improve movement quality and reduce pain, from athletes and active adults to professionals who sit for long periods. It's also perfect as part of a recovery routine or wellness plan.

SESSION DETAILS:

- 

Duration:
25 minutes
60 minutes (Optional)
- 

Recommended Frequency:
1-2 sessions per week recommended
- 

Sensation:
Stretch table + mobility tools
- 

Booking:
Online or via the Ratner Performance App

Whether you're new to stretching therapy or focused on improving performance, our 1 on 1 assisted stretching sessions are designed to meet you where you are.

[BOOK A STRETCH SESSION](#)

[DOWNLOAD THE APP](#)



FLEXIBLE OPTIONS FOR A FLEXIBLE YOU

(NOTE: CUSTOMER REQUESTS TO ADD '25 MIN' TO THESE LISTED ITEMS)

SINGLE STRETCH SESSION

\$55 (25 min) **\$110** (60 min)

Occasional recovery or mobility reset

4 STRETCH SESSIONS

\$400 (\$100/session)

Consistent weekly improvement

MONTHLY MEMBERSHIP 1 X PER WEEK

\$360 (\$90/session)

Long-term progress & maintenance

MONTHLY MEMBERSHIP 2 X PER WEEK

\$640 (\$80/session)

Long-term progress & maintenance

[BUY A STRETCH PACKAGE](#)

[BOOK NOW](#)

REAL RESULTS FROM REAL CLIENTS

[READ MORE REVIEWS](#)

★★★★★

Kacie gave me a really good stretch that I needed. She's extremely knowledgeable and professional.

STEVE K.
Mar 10, 2026

★★★★★

Kacie and Thor are amazing! They are both extremely knowledgeable and are quick to pick up on my body language! I always feel great after working out.

ANNA C.
Mar 10, 2026

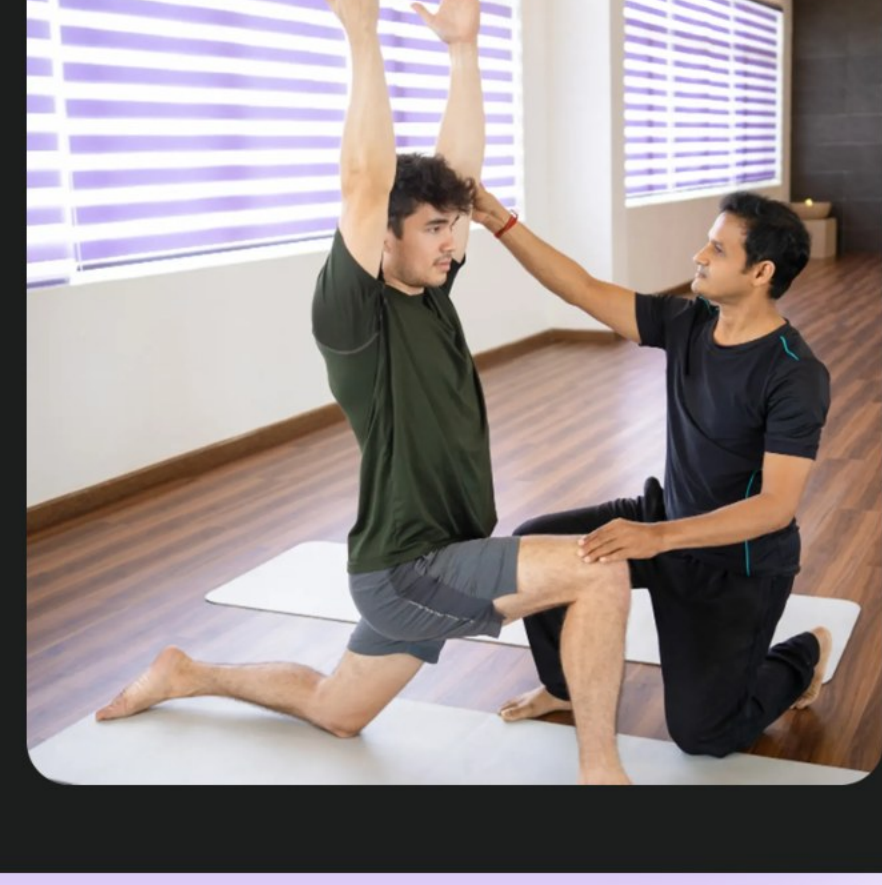
★★★★★

Fabulous facility excellent and very knowledgeable trainers, conveniently located.

ROBERT G.
Mar 5, 2026

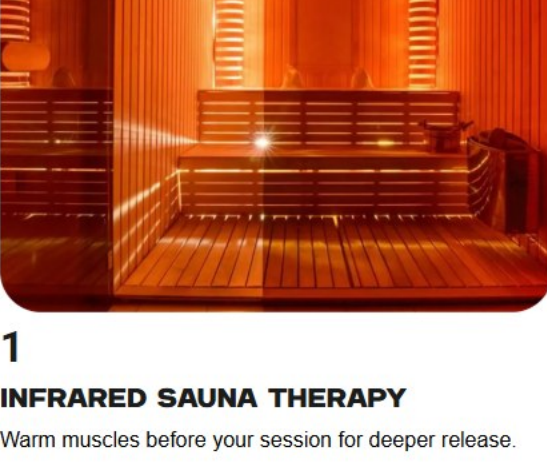
WHERE EXPERTISE MEETS EMPOWERMENT

Every assisted stretching session is guided by certified professionals. Our goal is not just to help you move better, it's to teach your body how to sustain that movement long-term. With our evidence-based stretching therapy, you'll build lasting flexibility, mobility, and balance.

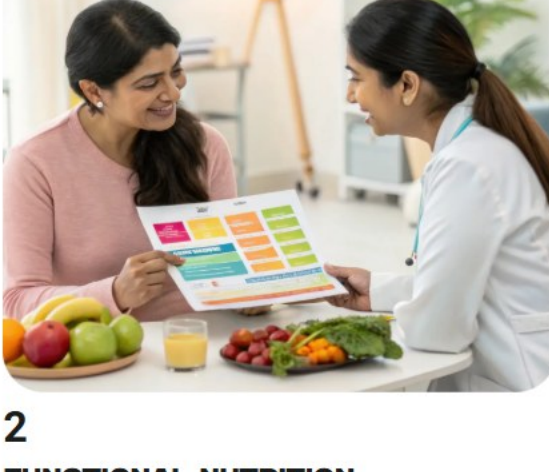
[MEET THE TEAM](#)

AMPLIFY YOUR MOBILITY ROUTINE

For optimal results, pair assisted stretching with additional services:



1 INFRARED SAUNA THERAPY
Warm muscles before your session for deeper release.



2 FUNCTIONAL NUTRITION
Learn lifestyle changes to promote overall health.



3 PERSONAL TRAINING
Strengthen and stabilize your improved range of motion.

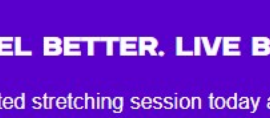
Integrating flexibility and mobility training with recovery tools maximizes your long-term performance.

[EXPLORE SERVICES](#)

MANAGE YOUR WELLNESS ANYWHERE.

Book sessions, track progress, and stay connected with the Ratner Performance community – all from your phone.

 GET IT ON Google Play

 Download on the App Store



MOVE BETTER. FEEL BETTER. LIVE BETTER.

Book your one-on-one assisted stretching session today and experience true mobility freedom.

[CLAIM YOUR \\$20 TRIAL PASS](#)

TRAIN SMARTER. PERFORM STRONGER.

Individualized personal training designed for your body, goals, and lifestyle.

Achieve sustainable strength, mobility, and confidence through personalized coaching rooted in science. At Ratner Performance, our certified personal trainers create custom personal training programs built around your current fitness level, movement patterns, and long-term goals, helping you reach results you can feel and see.

Our individualized personal training services are ideal for anyone looking for a tailored, results-driven experience that delivers measurable progress.

BOOK A TRAINING SESSIONEXPLORE PACKAGES



PERSONALIZED. MEASURABLE. EFFECTIVE.

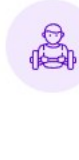
Our personal training programs go beyond one-size-fits-all workouts. Each session is designed with purpose, blending corrective movement, functional strength, and progressive conditioning. Whether you're new to training or a seasoned athlete, our one-on-one personal training and semi-private (2-4 people) training models meet you where you are and help you progress safely and effectively.

Looking for personal training for beginners? We'll start at your current level, build a strong foundation, and progress at your pace for sustainable results.

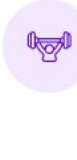
BOOK YOUR CONSULTATION



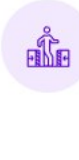
RESULTS THAT REDEFINE YOUR POTENTIAL



BUILD STRENGTH, ENDURANCE, AND CONFIDENCE



IMPROVE POSTURE AND MOVEMENT MECHANICS



REDUCE RISK OF INJURY THROUGH PROPER FORM



ENHANCE FLEXIBILITY AND BALANCE



INCREASE ACCOUNTABILITY AND MOTIVATION



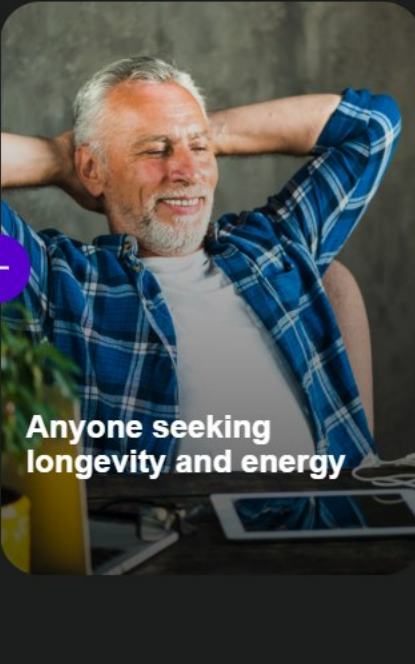
SUPPORT WEIGHT MANAGEMENT AND OVERALL WELLNESS

With our individualized personal training, you'll experience the personalized attention and data-driven adjustments that lead to long-term success in strength training.

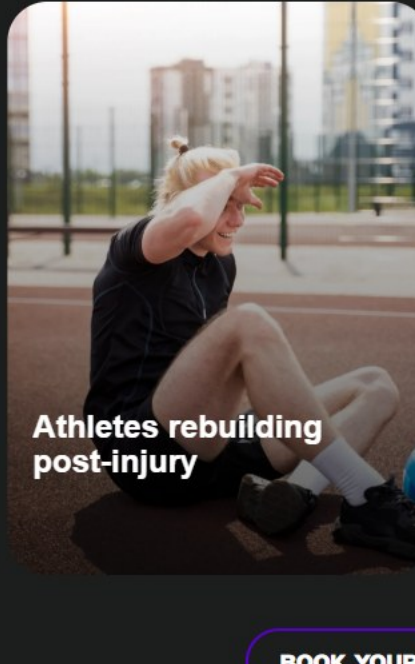
START TRAINING TODAY

BUILT FOR EVERY BODY.

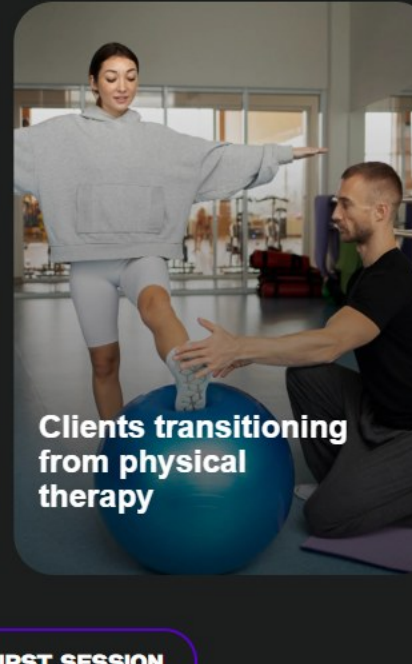
Individualized personal training at Ratner Performance is ideal for anyone seeking a structured, expert-guided approach to health and performance, from first-time gym-goers to experienced athletes.



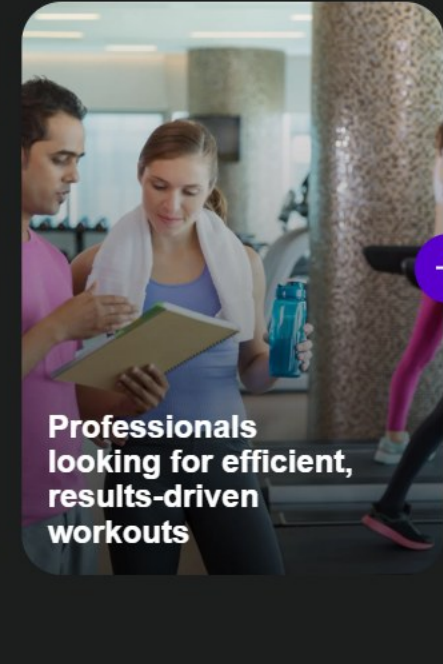
Anyone seeking longevity and energy



Athletes rebuilding post-injury



Clients transitioning from physical therapy



Professionals looking for efficient, results-driven workouts

BOOK YOUR FIRST SESSION

YOUR PERSONALIZED TRAINING EXPERIENCE

Every training program starts with a private consult that will assess movement, identify strengths, weaknesses, and mobility patterns. From there, your trainer develops a tailored plan with strength, conditioning, and flexibility components, always progressing at your pace and aligned with your goals.

SESSION DETAILS:

- 

Duration:
30 min or 60 min
- 

Recommended Frequency:
2-4 sessions per week (recommended)
- 

Format:
One-on-one coaching or small semi-private (2-4 people) coaching
- 

Booking:
Online, in person, or through the Ratner Performance App

Whether your focus is strength training or functional mobility, every detail of your program is customized to you.

BOOK A SESSIONDOWNLOAD THE APP



EXPERIENCE MEETS PERSONALIZATION.

Our personal trainers collaborate with physical therapists to create a truly integrated wellness experience. This team-based approach ensures that every one-on-one personal training plan supports your strength, mobility, and long-term goals.

Whether you're seeking personal training for beginners or advanced strength training, our trainers deliver unmatched expertise and results.

MEET OUR TEAM



STRONGER EVERY SESSION.

READ MORE REVIEWS

★★★★★

I had a great first training session with Kacie. The workout was well structured, appropriate for my fitness level, and I especially appreciated how Kacie made sure my form was correct. I left feeling confident that I am in great hands as I begin this training program. I highly recommend Kacie and Ratner Performance!!

CAROL K.
Mar 4, 2026

★★★★★

Facility and deeply experienced trainers are excellent.

ROBERT G.
Mar 3, 2026

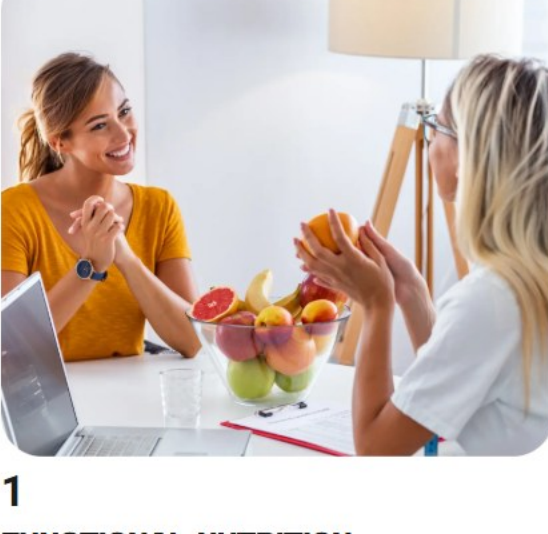
★★★★★

Kacie explained to me what my choices were in a very knowledgeable and professional way.

STEVE K.
Mar 3, 2026

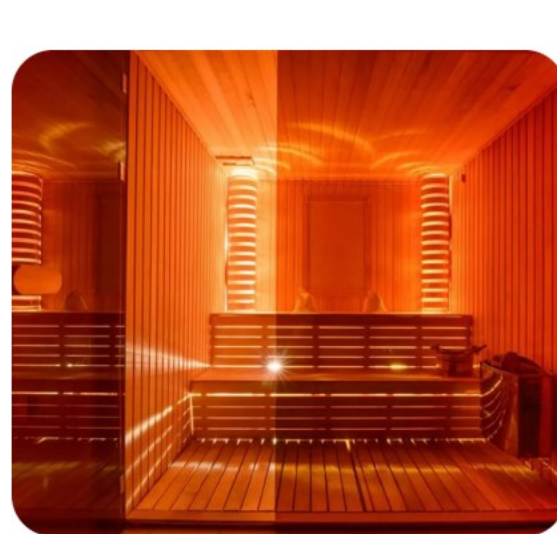
BUILD THE PERFECT ROUTINE

Maximize results by combining individualized personal training with additional recovery and wellness services:



1 FUNCTIONAL NUTRITION

At Ratner Performance, we believe functional nutrition enhances athletic performance.



2 INFRARED SAUNA THERAPY

Promote recovery and reduce soreness.



3 NORMATEC COMPRESSION THERAPY

Enhance circulation and mobility.

Enhance your progress and overall recovery as part of our complete personal training programs designed for total-body performance.

EXPLORE ALL SERVICES

MANAGE YOUR WELLNESS ANYWHERE.

Book sessions, track progress, and stay connected with the Ratner Performance community – all from your phone.

GET IT ON Google PlayDownload on the App Store



FEEL BETTER. FUNCTION BETTER.

Root-cause functional nutrition designed for your body, your labs, and your life.

You don't have to keep guessing why you feel off. At Ratner Performance, our FDN-certified practitioner uses functional lab testing and personalized lifestyle protocols to uncover what's actually going on in your body — and exactly what to do about it.

[BOOK A COMPLIMENTARY WELLNESS CALL](#)
[BOOK A DISCOVERY SESSION](#)


PERSONALIZED. LAB-BASED. EFFECTIVE.

This isn't a generic wellness plan. The FDN approach uses convenient at-home lab testing to identify underlying imbalances across multiple body systems — then translates those findings into a fully customized protocol covering nutrition, sleep, movement, stress, and supplementation. Whether you're dealing with fatigue, hormonal issues, digestive trouble, or just feel like something isn't right — we find the root cause and build a plan around it.

[BOOK A DISCOVERY SESSION](#)


WHAT CLIENTS EXPERIENCE



MORE STEADY, RELIABLE ENERGY THROUGHOUT THE DAY



LESS BLOATING AND IMPROVED DIGESTION



DEEPER, MORE RESTORATIVE SLEEP



BETTER STRESS RESILIENCE AND A GREATER SENSE OF CALM



BALANCED HORMONES AND FEWER DISRUPTIVE SYMPTOMS



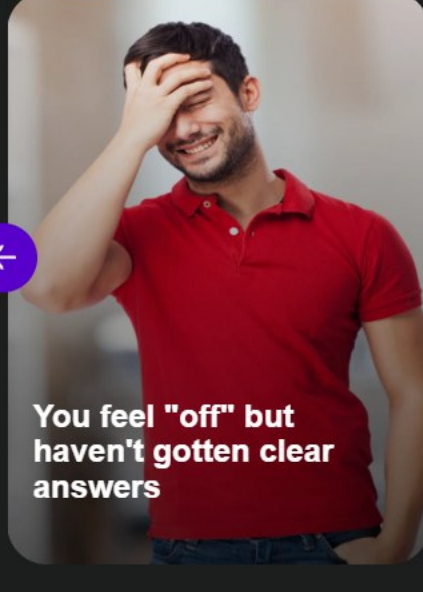
CLEARER SKIN AND REDUCED INFLAMMATION

This is the power of a personalized, data-informed approach. Instead of trial and error, we use your body's own feedback to guide every step.

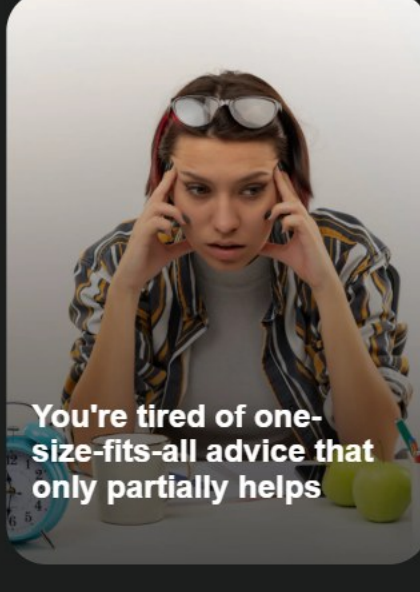
[BOOK A DISCOVERY SESSION](#)

WHO THIS IS FOR

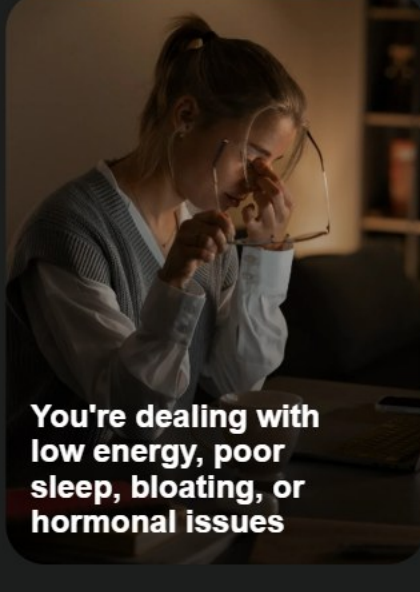
This program is designed for you if you're ready to move beyond symptom management and finally understand what your body needs.



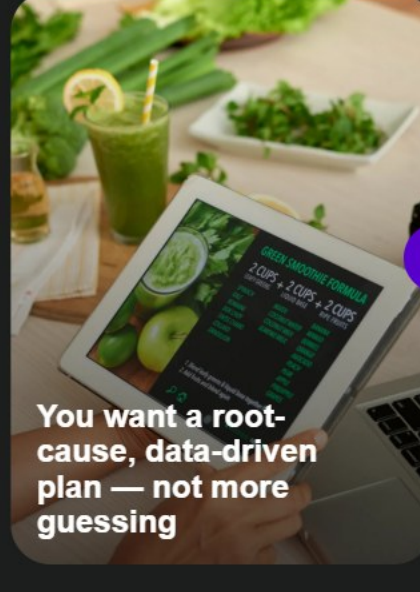
You feel "off" but haven't gotten clear answers



You're tired of one-size-fits-all advice that only partially helps



You're dealing with low energy, poor sleep, bloating, or hormonal issues



You want a root-cause, data-driven plan — not more guessing

[BOOK A COMPLIMENTARY WELLNESS CALL](#)

YOUR FUNCTIONAL NUTRITION EXPERIENCE

Every client journey begins with a discovery call to understand your health history, goals, and what hasn't worked before. From there, we build your program step by step.

SESSION DETAILS:



Pre-Testing Plan:

Based on your intake, you'll receive a customized pre-test plan to reduce inflammation, support detox, and improve sleep — so you start feeling better before your results even arrive.



At-Home Lab Testing:

Convenient lab kits shipped to your door. No clinic visit required.



Results & Recommendations Session:

A 60–90 min session where we walk through your findings together, connect the dots, and map out your personalized protocol.



Ongoing 1:1 Support:

Follow-up sessions and direct communication to refine your plan as your body responds.

[BOOK A DISCOVERY SESSION](#)
[DOWNLOAD THE APP](#)


PREFER TO START WITH COACHING?

Not ready for functional lab testing? Health coaching sessions are designed to support you in building a strong foundation for lasting wellness through personalized guidance on nutrition, lifestyle, and habits. Together, we focus on sustainable changes across key pillars of health — energy, digestion, stress resilience, and overall well-being — without relying on a one-size-fits-all approach.

This option is ideal if you're looking for guidance and accountability, but aren't ready to commit to the full lab-based protocol.

[BOOK A COMPLIMENTARY WELLNESS CALL](#)

SCIENCE MEETS PERSONALIZATION.

Rachel is a Functional Diagnostic Nutrition Practitioner (FDN-P) who understands that your body doesn't work in silos — and it shouldn't be treated like it does. Hormones, digestion, sleep, stress, and energy are all connected, and when one system is struggling, others feel it too. That's exactly why the FDN approach looks at the whole picture, not just the symptom in front of you. Your protocol is built to support multiple systems at once, so your results are lasting — not just a temporary fix.

[READ RACHEL BIO](#)


ENHANCE HEALING AND RECOVERY

Combine deep tissue laser therapy with additional treatments for faster, more complete results:



1 PERSONAL TRAINING

Strengthen and stabilize your improved range of motion.



2 NORMATEC COMPRESSION THERAPY

Increase circulation and decrease soreness.



3 INFRARED SAUNA THERAPY

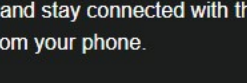
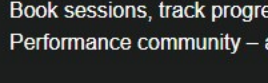
Boost detoxification and immune support.

Complement your non-invasive laser therapy plan with services that support full-body recovery.

[EXPLORE RECOVERY OPTIONS](#)

MANAGE YOUR WELLNESS ANYWHERE.

Book sessions, track progress, and stay connected with the Ratner Performance community — all from your phone.



READY TO MAKE LASTING LIFESTYLE CHANGES?

Root-cause functional nutrition designed for your body, your labs, and your life.

[CLAIM YOUR \\$20 TRIAL PASS](#)


(817) 328-1033

ratner@ratnerperformance.com

Ratner Performance 5500 Overton Ridge
Blvd #250 Fort Worth, TX 76132

[Direction](#)

SERVICE BOOKING

Infrared Sauna
Normatec Compression
Assisted Stretching
Personal Training
Holistic Wellness
Massage Therapy

ABOUT US

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Studio Gallery

SOCIAL MEDIA



MASSAGE THERAPY

Therapeutic massage designed to reduce pain, improve mobility, and support your active lifestyle. Whether you're recovering from an injury, training for your next event, dealing with chronic muscle tension, or simply looking to move and feel better, every session is tailored to your individual needs and goals.

[BOOK A MESSAGE](#)



MASSAGE THAT MEETS YOU WHERE YOU ARE

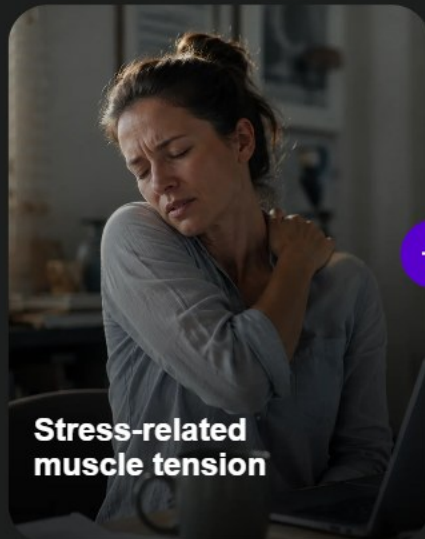
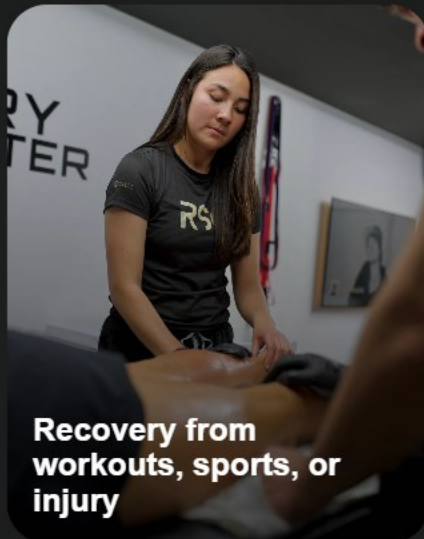
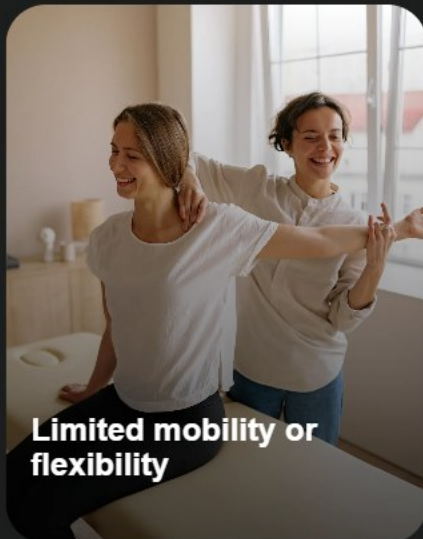
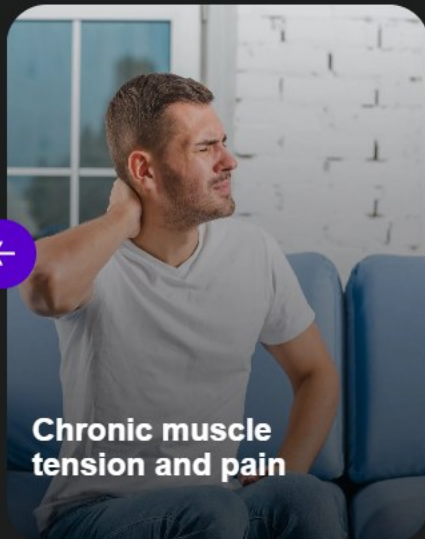
No two people experience pain the same way, and no two massage sessions should be the same.

Each treatment is personalized based on your symptoms, goals, and how your body responds that day. Using a variety of therapeutic techniques, your session is designed to reduce pain, improve mobility, relieve muscle tension, and support your overall recovery and wellness.



WHO CAN BENEFIT FROM MASSAGE THERAPY?

Massage therapy can benefit people from all walks of life, whether you're recovering from an injury, training for your next event, managing the physical demands of work, or simply looking to move with greater comfort.



[BOOK A COMPLIMENTARY WELLNESS CALL](#)



WHAT TO EXPECT

Every appointment begins with a conversation about your goals, symptoms, and areas of concern. Your massage is then tailored specifically to your needs, with personalized recommendations to help you continue feeling your best between visits.

[BOOK A MESSAGE](#)

SETH GLOVIER, LMT

Born and raised in the Fort Worth area, Seth is a Licensed Massage Therapist with over 16 years of experience helping clients reduce pain, improve mobility, and support long-term musculoskeletal health. His interest in massage therapy began after undergoing shoulder surgery in high school, which inspired him to pursue a career helping others recover and move with confidence. He graduated from Parker University's School of Massage Therapy in Dallas and has spent the past 16 years helping clients move better, recover from injuries, and live with less pain.

Over the course of his career, Seth has worked with clients from a wide range of backgrounds, helping those recovering from injuries, managing chronic pain, and improving mobility. His treatment style incorporates deep tissue massage, trigger point therapy, and myofascial release while emphasizing individualized care tailored to each client's unique goals. Whether someone is recovering from an injury, managing chronic pain, or looking to improve mobility and function, Seth strives to provide thoughtful, effective treatment that supports lasting results.

As part of Ratner's wellness team, Seth is excited to help clients continue their journey beyond rehabilitation by supporting recovery, injury prevention, and overall wellness through therapeutic massage.

Outside of work, Seth enjoys working out, playing guitar, and enjoying a good cup of coffee (or four).



MANAGE YOUR WELLNESS ANYWHERE.

Book sessions, track progress, and stay connected with the Ratner Performance community – all from your phone.



RELIEF, RECOVERY, AND BETTER MOVEMENT.

Massage therapy designed to reduce discomfort, support recovery, and help you move better.

[CLAIM YOUR \\$20 TRIAL PASS](#)



(817) 328-1033

ratner@ratnerperformance.com

Ratner Performance 5500 Overton Ridge
Blvd #250 Fort Worth, TX 76132

[Direction](#)

SERVICE BOOKING

Infrared Sauna
Normatec Compression
Assisted Stretching
Personal Training
Holistic Wellness
Massage Therapy

ABOUT US

Meet The Team
FAQ's
Reviews

USEFUL LINKS

New to Wellness
Studio Gallery

SOCIAL MEDIA



WELCOME TO RATNER PERFORMANCE

Your journey to better movement, recovery, and wellness starts here.

Welcome to the Ratner Performance community, where everyone's journey matters and progress is celebrated together. Our team blends proven techniques, individualized training, and expert care to help you move with confidence, feel stronger, and perform at your best. Whether your goal is recovery, growth, or overall wellness, our fitness and recovery center is here to help you get there.

CLAIM \$20 TRIAL SAUNA PASS

BOOK NOW

PICK THE PERFECT WAY TO BEGIN

Not sure where to start? We've made it easy. Explore our most popular intro offers and find the right fit for your goals.

SINGLE 30 MINUTE NORMATEC SESSION

\$25.00 One Time

► Normatec Single Session for total-body rejuvenation.

BUY NOW

Most Popular

\$20 TRIAL SAUNA PASS

\$20.00 Every Month

► One 45-min full-spectrum infrared sauna session. Detoxify, restore, and recharge.

CLAIM OFFER

SINGLE STRETCH SESSION

\$55.00 One Time

► Occasional recovery or mobility reset

BUY NOW

BOOKING IS SIMPLE AND FLEXIBLE

You can schedule your first session in just a few clicks — online or through the Ratner Performance App. Choose your service, date, and time that fit your schedule.

BOOKING OPTIONS:



Online:

Book directly through our website.



App:

Download the Ratner Performance App for mobile booking.



In-Person:

Stop by our fitness and recovery center, and our team will assist you.

BOOK YOUR FIRST SESSION

DOWNLOAD THE APP



YOUR FIRST EXPERIENCE, SIMPLIFIED

We want your first visit to Ratner Performance to be seamless and enjoyable. Here's what you can expect when you arrive:

- Arrive 10 minutes early to check in and get comfortable.
- Meet your service provider — they'll review your goals and personalize your session.
- Enjoy your experience — relax, move, and restore.
- Discuss next steps — our team can recommend follow-up sessions or packages based on your goals.

Pro Tip: Hydrate well before and after your session to optimize results.

SEE AVAILABLE APPOINTMENTS

EVERYTHING YOU NEED TO KNOW BEFORE YOU BEGIN

VIEW ALL FAQS

WHAT SHOULD I WEAR?

Comfortable, breathable athletic wear is best with tennis shoes. Since your sauna and suite are private, we recommend you undress to your comfort level. You can use the towels provided, opt for swimwear, or wear lightweight shorts and a t-shirt.

HOW LONG IS EACH SESSION?

CAN I DO MULTIPLE SERVICES IN ONE VISIT?

HOW DO I PAY OR BUY PACKAGES?

DO YOU OFFER MEMBERSHIPS?



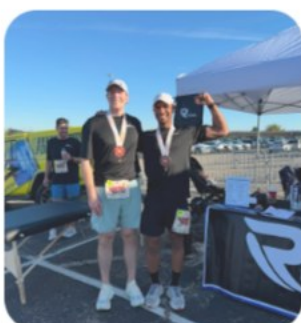
TIPS FOR YOUR FIRST SESSION

- Hydrate well before and after your visit
- Wear light, comfortable clothing
- Arrive 10 minutes early to relax and unwind
- Communicate your goals with your service provider
- Ask questions — we're here to support you every step of the way

Joining the Ratner Performance community means you're supported from day one — every step of your fitness and wellness journey.

JOIN OUR COMMUNITY

We're more than just a fitness and recovery center, we're a community focused on longevity, health, and empowerment. Follow the Ratner Performance community on social media for wellness tips, updates, and special Ratner Performance offers.



FOLLOW US ON INSTAGRAM

MANAGE YOUR WELLNESS ANYWHERE.

Book sessions, track progress, and stay connected with the Ratner Performance community — all from your phone.



READY TO BEGIN YOUR WELLNESS JOURNEY?

Take the first step toward better movement, faster recovery, and a stronger body with the Ratner Performance community. Your next chapter in wellness begins here, at the fitness and recovery center designed to help you thrive.

CLAIM YOUR \$20 TRIAL PASS



(817) 328-1033

ratner@ratnerperformance.com

Ratner Performance 5500 Overton Ridge
Blvd #250 Fort Worth, TX 76132

Direction

SERVICE BOOKING

Infrared Sauna
Normatec Compression
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Holistic Wellness
Massage Therapy

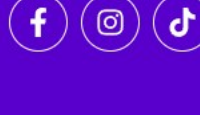
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Step inside the Ratner Performance Gallery and experience the energy, environment, and community that define our space. Browse a collection of inspiring Ratner Performance images showcasing our state-of-the-art facility, expert team, and the clients who train, recover and thrive with us every day.



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READY TO JOIN OUR COMMUNITY?

Come in and see what makes us different. From our experienced and friendly staff, to our state-of-the-art facility, we are ready to help you take your health to the next level.

CLAIM YOUR \$20 TRIAL PASS



✉ ratner@ratnerperformance.com

📍 Ratner Performance 5500 Overton Ridge Blvd #250 Fort Worth, TX 76132

 Direction

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STORE

SHOP THE ESSENTIALS AND WELLNESS PRODUCTS THAT SUPPORT YOUR PERFORMANCE.



STORE CATEGORIES

ALL ITEMS

STORE

WELLNESS

SAUNA

NORMATEC

STRETCHING

GIFT CARDS

MASSAGE THERAPY

Shopping at: Ratner Performance

CART

Search by item name



Black T-Shirt
\$25.00

SEE OPTIONS



White T-Shirt
\$25.00

SEE OPTIONS



White Sweatshirt
\$35.00

SEE OPTIONS



Black Sweatshirt
\$35.00

SEE OPTIONS



Ratner Hydrojug
\$40.00

ADD TO CART



White Ratner Puff Cap
\$40.00

ADD TO CART



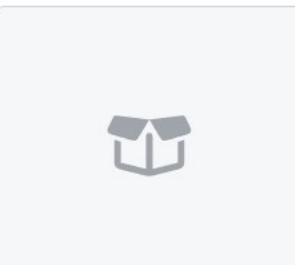
Black Ratner Cap
\$35.00

ADD TO CART



Health Coaching Only: 45-Min Session
1 Session
\$175.00

ADD TO CART



Foundational Gut + Hormone Reset
1 Session
\$1850.00

ADD TO CART



Discovery Session
1 Session
\$125.00

ADD TO CART



Sauna Friend/Family Pass
8 Sessions
\$20.00

ADD TO CART



Trial Sauna Pass
1 Session
\$20.00

ADD TO CART



Single Session Sauna Pass
1 Session
\$50.00

ADD TO CART



4 Sauna Sessions
4 Sessions
\$140.00

ADD TO CART



8 Sauna Sessions
8 Sessions
\$240.00

ADD TO CART



20 Sauna Sessions
20 Sessions
\$500.00

ADD TO CART



Sauna 4x A Month Membership
\$99.00/MONTH

ADD TO CART



Sauna 8x A Month Membership
\$159.00/MONTH

ADD TO CART



Flush + Flow
8 Sessions
\$270.00

ADD TO CART



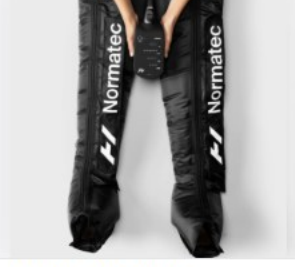
The Power Trio
\$450.00

ADD TO CART



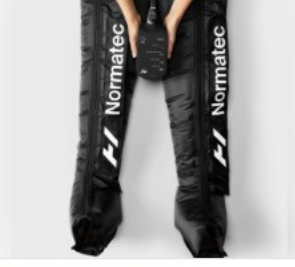
Normatec Single 30min Session
1 Session
\$25.00

ADD TO CART



4 Normatec 30min Sessions
4 Sessions
\$80.00

ADD TO CART



8 Normatec 30min Sessions
8 Sessions
\$120.00

ADD TO CART



Normatec Single 60min Session
1 Session
\$45.00

ADD TO CART



4 Normatec 60min Session
4 Sessions
\$160.00

ADD TO CART



8 Normatec 60min Sessions
8 Sessions
\$280.00

ADD TO CART



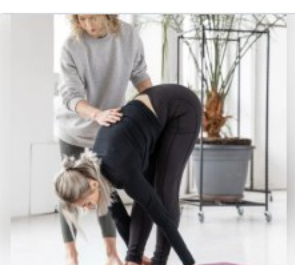
Stretch + Flow
8 Sessions
\$324.00

ADD TO CART



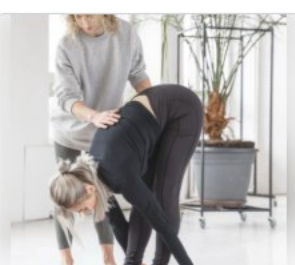
Single (30 Min) Stretching Session
1 Session
\$55.00

ADD TO CART



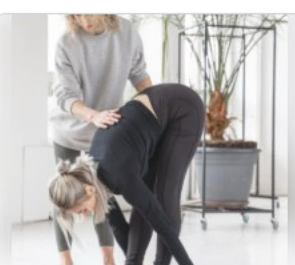
4 (30 Min) Stretching Sessions
4 Sessions
\$200.00

ADD TO CART



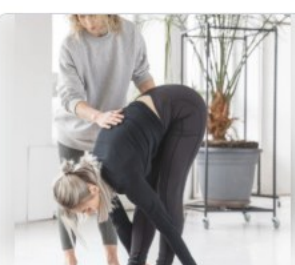
1xweek Stretching Plan
4 Sessions
\$180.00

ADD TO CART



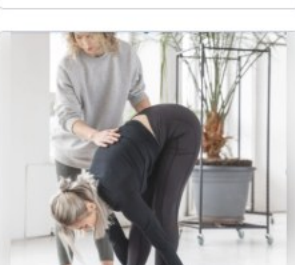
2xweek Stretching Plan
8 Sessions
\$320.00

ADD TO CART



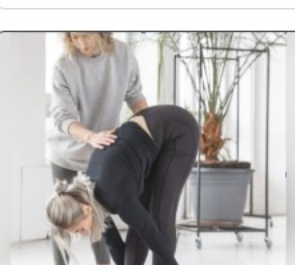
Single (60 Min) Stretching Session
1 Session
\$110.00

ADD TO CART



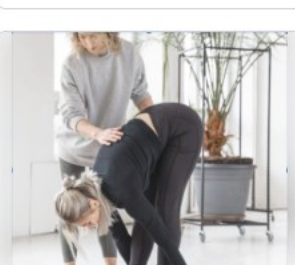
4 (60 Min) Stretching Sessions
4 Sessions
\$400.00

ADD TO CART



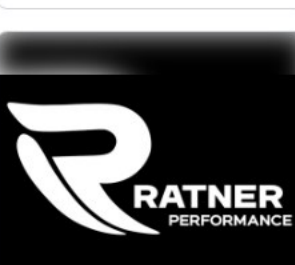
1xweek Stretching Plan (60 Min)
4 Sessions
\$360.00

ADD TO CART



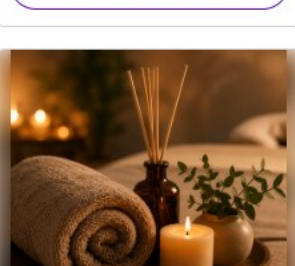
2xweek Stretching Plan (65 Min)
8 Sessions
\$640.00

ADD TO CART



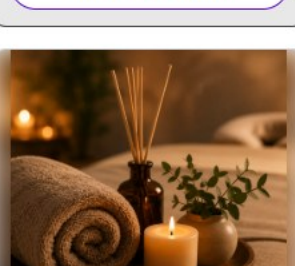
Gift Card
\$50.00 - \$250.00

CHOOSE AMOUNT



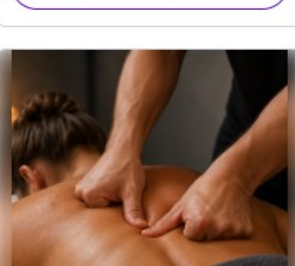
4 X 25 Min Classic Massage
4 Sessions
\$180.00

ADD TO CART



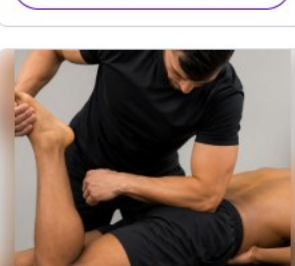
4 X 50 Min Classic Massage
4 Sessions
\$429.00

ADD TO CART



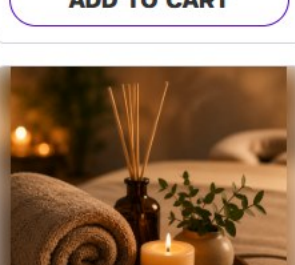
4 X 50 Min Deep Tissue Massage
4 Sessions
\$500.00

ADD TO CART



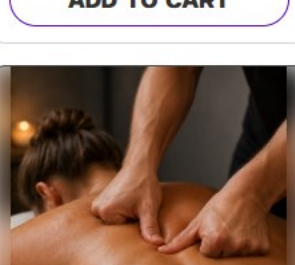
4 X 50 Min Sports Massage
4 Sessions
\$537.00

ADD TO CART



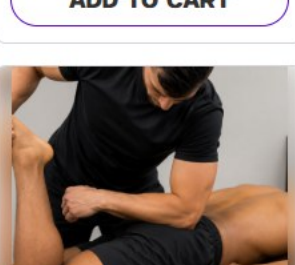
4 X 80 Min Classic Massage
4 Sessions
\$573.00

ADD TO CART



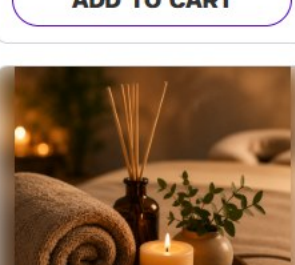
4 X 80 Min Deep Tissue Massage
4 Sessions
\$609.00

ADD TO CART



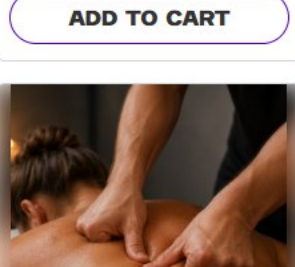
4 X 80 Min Sports Massage
4 Sessions
\$645.00

ADD TO CART



Introductory Classic Massage
1 Session
\$79.00

ADD TO CART

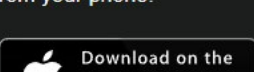
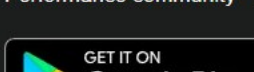


4 X 25 Min Deep Tissue Massage
4 Sessions
\$216.00

ADD TO CART

MANAGE YOUR WELLNESS ANYWHERE.

Book sessions, track progress, and stay connected with the Ratner Performance community – all from your phone.



WE'RE HERE WHEN YOU'RE READY.

Whether you're booking your first session or returning for your next, our team is ready to help you recover, perform, and thrive. For support, bookings, or general inquiries, don't hesitate to Contact Us today at Ratner Performance Wellness Center.

CLAIM YOUR \$20 TRIAL PASS



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