

SERVICES

RECOVERY ROOM

ZeroBody

Current Members get **one 50% off session** (30 MINUTES)

Thereafter: **\$80** to float for 30 minutes

Plunge Pool

Current Members get **one 50% off session** (10 MINUTES)

Thereafter: **\$30** to freeze for 10 minutes

Normatec

Current Members get **one free session** (20 MINUTES)

Thereafter: **\$20** to compress for 10 minutes

The Wonder Recovery Package

RICE: Rest Ice Compress & Elevate / Package of all 3 above

\$110 for all 3 in a one hour session (\$20 OFF VALUE)

1 ON 1

Nutrition Coaching

Free 30 minute consultation

4 sessions per month for 3 months (4 SESSIONS PER MONTH)

\$180 \$45 PER SESSION, GUARANTEED 12 SESSIONS

2 sessions per month for 3 months (8 SESSIONS PER MONTH)

\$110 \$55 PER SESSION, GUARANTEED 6 SESSIONS

Guided Meditation

Free 20 minute 1 on 1 guided meditation

"Booked Drop in" **\$80** per session

4 sessions per month for 3 months (4 SESSIONS PER MONTH)

\$180 \$45 PER SESSION, GUARANTEED 12 SESSIONS

2 sessions per month for 3 months (8 SESSIONS PER MONTH)

\$110 \$55 PER SESSION, GUARANTEED 6 SESSIONS

Personal Training (Strength and Yoga)

2 sessions per week per month **\$60 PER SESSION / MONTHLY \$480**

3 sessions per week per month **\$50 PER SESSION / MONTHLY \$500**

2 sessions per week for 3 months **\$52.5 PER SESSION / MONTHLY \$420**

3 sessions per week for 3 months **\$45 PER SESSION / MONTHLY \$540**

15%
SAVINGS
PER
MONTH!