FITNESS MENU

STRETCH AND RECOVERY

Combination of assisted stretching, self myofascial release tools, breathwork, and flushing techniques for muscle care. Sessions can be customized for individual areas or full body.

15 minutes | $40
30 minutes | $65
45 minutes | $90
1 hour | $110
Enhancement $15
KT Tape | Muscle Balm

SELF-CARE SESSIONS

Schedule some resting energy time to soothe the mind and body with your choice of acupressure mat, compression sleeves (legs, hips, arms), Love Tuner breathwork, infrared mat, photon light therapy. Sessions over 30 minute may choose 2 self-care services.

15 minutes | $35
30 minutes | $60
45 minutes | $85
1 hour | $105

PERSONAL TRAINING AND PILATES

Personal Wellness Trainers are industry leading professionals that provide specialized programming to encourage and support all goals in our state-of-the-art fitness and performance facility.

*Pilates personal training offered Friday to Tuesday

30 minutes | $75
1 hour | $125
1 hour 30 minutes | $175
(May include 30 minute of stretch and recovery or one 30 minute self-care service)

Additional 20% service charge