

Relaxation Room

Muscles sore from your new workout? Long day at work or just looking for some much needed quiet time? Rest and relaxation are crucial parts to your mental well-being, so come and unwind with a 20 minute chair massage, and slip out of the day's anxiety and soreness. Studies have shown that regular massages were effective in improving blood circulation, increasing oxygen flow, relieving pain from sore muscles, and inducing better sleep among several other benefits.

Sign up for this amazing program at the front desk and reserve your next session on our mobile app!

Packages	Silver	Gold	Platinum	Platinum Add On
Number of visits per week	1	3	Unlimited	Unlimited
Bottle of cold water per visit		1	1	1
6 week Small Group Training Class (\$40 value, limit 7/yr)		1		
1 hour Personal Training Session per month (\$50 value)			1	
Locker Room Rental (\$10/month value)			1	
Guest Session to Massage Chair per month			1	
Cost:	\$10/month	\$30/month	\$50/month	\$20/month for 1 additional adult to Platinum Pkg.

