

# STRETCH & RECOVERY ZONE



An active therapy zone for pre and post workout. Talented trainers provide stretch and recovery.

*Located in the Fitness Center*

## Stretch + Recovery

STRETCH + THERAGUN

15 Minutes \$35 | 30 Minutes \$60

## Stretch + Recovery

STRETCH + THERAGUN + RECOVERY AIR COMPRESSION

45 Minutes \$80 | 60 Minutes \$100

## Recovery Air Compression

15 Minutes \$35 | 30 Minutes \$60

## Personal Training Session

30 Minutes \$70 | 45 Minutes \$90 | 60 Minutes \$120

*All services are subject to a 20% service charge.*