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Massage Menu

Relaxing Massage:

Treat yourself to a relaxing and therapeutic massage. A gentler approach to massaging the effects of stress and tension from tightened and knotted muscles.

30 Minutes: \$45

60 Minutes: \$80

90 Minutes: \$105

Deep Tissue:

Designed to help with areas that are problematic and that require a bit more pressure to help release the tension. Your massage therapist will apply more pressure to help relieve the deeper layers in the muscles, tendons and fascia.

30 Minutes: \$55

60 Minutes: \$95

90 Minutes: \$140

Chair Massage:

An excellent option for those on the go. Neck, shoulder or back feeling tight...perhaps you worked out a bit too hard? This is a great way to have a qualified therapist help relieve these symptoms.

10 Minutes: \$12.50

15 Minutes: \$17.00

20 Minutes: \$23.00

10% Off for Clients of Personal Training, Group Classes and Independent Guided Programs