

# Yoga for everyone

Attend our daily group Good Morning Yoga class to find space in the body and relax the mind. In this gentle yoga class designed for adults (13 and older), instructors will demonstrate proper alignment, cultivate body awareness, enhance flexibility, and promote breath-work to augment concentration and relaxation.

OPEN TO ALL LEVELS

Daily

9:00 am - 10:00 am

Class Schedule is Subject to Change

1 HOUR GROUP CLASS  
\$15 PER PERSON

## Private Sessions

1 HOUR PRIVATE SESSION  
\$90 FOR ONE PERSON

\$100 PRIVATE SESSION FOR TWO OR MORE PEOPLE

TWO PRIVATE SESSIONS  
\$170 FOR ONE PERSON, TWO - ONE HOUR SESSIONS

THREE PRIVATE SESSIONS  
\$250 FOR ONE PERSON,  
THREE - ONE HOUR SESSIONS

## We recommend that you...

- Call the Fitness Center to reserve your space in class at extension x5722
  - Arrive 5 minutes early
- Tell the instructor of any injury or soreness
  - Come with an empty stomach and a well hydrated body
- Wear comfortable clothes that stretch well
  - Come as often as you are able!



## Massage for deep relaxation

Whether you need quiet time to unwind, or want to revitalize sore or tired muscles, we look forward to providing a relaxing and effective massage.

### THERAPEUTIC MASSAGE

Our therapists practice a blend of Swedish/Sports Massage, and integrate Shiatsu/Acupressure to release all your stress and tension.

Friday - Monday

30 MIN \$70

60 MIN \$110

90 MIN \$145

Tuesday - Thursday

30 MIN \$65

60 MIN \$100

90 MIN \$135

ADD ON STEAMED TOWELS \$10

### HOT STONE MASSAGE

Creating sensations of comfort & warmth. Experience the soothing and trans-formative effects of our Hot Stone Therapy. Relax while heated basalt lava stones are comfortably placed on the body. This ancient healing art uses warm stones to gently massage and release the tension in your aching muscles.

60 MIN \$130

90 MIN \$160

### SWEET SURRENDER

Surrender yourself to a revitalizing sugar/salt scrub. This nourishing exfoliation will remove impurities, leaving your skin silky smooth.

Seasonal Scrub, Mango Ginger Brown Sugar or  
Lavender Salt Glow

60 MIN \$115

90 MIN \$150

Continue to indulge with a full-body massage leaving your skin polished, hydrated and glowing.

## Rejuvenation

### RADIANT GLOW

This soothing treatment for the face is intended for relaxation and skin rejuvenation.

Experience a soothing treat for the face, and feel the effects from head to toe. Relax as your skin is cleansed, gently exfoliated and lightly steamed. Enjoy a full massage of your face, neck, shoulders, and décolleté.

A combination of hands-on lifting and firming massage techniques are designed to release facial tension and relax fine lines and wrinkles. Discover true paradise as your feet are pampered with warm steamed towels and massaged. Revitalize with a nourishing honey rose masque. Your face is left feeling radiant and moisturized, your mind, clear and calm.

55 MIN \$100

ADD-ON 35 MIN BACK MASSAGE \$60

Please remove make-up before facial treatments.  
Extractions are not performed.

### PEPPERMINT FOOT REVITALIZER

Put your feet up during this refreshing experience as the therapist pampers those tired aching feet with steamed towels. Indulge as the feet are exfoliated with a peppermint scrub and treated to a relaxing massage and spa reflexology. Tender loving care will soothe and revitalize your feet as well as your mind.

60 MIN \$100 ADD-ON 30 MIN \$60

❖ Midweek rates do not apply during holiday periods

Call the Fitness Center to reserve your massage at extension 5722.

\*Please note: There is a 24-hour cancellation policy. Gratuity not included.