

# Yoga for everyone

Come to our daily yoga classes to strengthen and lengthen your muscles through multiple exercises, and to achieve proper alignment. We teach principles and techniques that cultivate body awareness, demonstrate proper alignment, promote muscular strength and flexibility, use breath for concentration and relaxation, and improve the quality of your energy.

## CLASS SCHEDULE

### GOOD MORNING YOGA

Daily

9:00 am - 10:00 am

All Levels

*Class Schedule is Subject to Change*

## Rates

1 HOUR GROUP CLASS  
\$15 PER PERSON

1 HOUR PRIVATE SESSION  
\$90 FOR ONE PERSON

\$100 PRIVATE SESSION FOR TWO OR MORE PEOPLE

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

TRIPLE PRIVATE  
\$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.

### Rates\*

#### Friday - Monday Pricing

1/2 HOUR \$70

1 HOUR \$110

1 1/2 HOUR \$145

#### Tuesday - Thursday Pricing

1/2 HOUR \$65

1 HOUR \$100

1 1/2 HOUR \$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.

### Rates

1 HOUR \$130    1 1/2 HOURS \$160

### 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.

### Rates

1 HOUR \$100    ADD-ON 30 MINUTES \$60

*\*Midweek rates do not apply during holiday periods*

## 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 that emphasizes 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.

### Rates

55 MINUTES \$100

ADD-ON 35-MINUTE BACK MASSAGE \$60

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

### 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

### Rates

1 HOUR \$115

1/2 HOURS \$150

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

*Call the Fitness Center (x5722) between 7am-9pm*

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