





Massage

swedish massage

De-stress your body and let your tension melt away with this classic massage. Long, warming strokes will ease the mind, improve circulation, and create an overall sense of well-being.

deep tissue massage

Relieve muscle stiffness via slower, deeper movements and occasional trigger point therapy. Helpful for chronically tense and contracted areas such as neck, low back, and shoulders.

sports massage

Assisted stretching and other muscle flexibility techniques combined with hydrotherapy applications help active clients increase range of motion, decrease inflammation, and recover post-workout.

prenatal massage

Our prenatal massage reduces anxiety and addresses some of the most common discomforts associated with pregnancy. Studies show that massage therapy can improve labor outcomes and newborn health.

aromatherapy hot stone massage

Soft scents of lavender, peppermint, or eucalyptus are combined with the direct heat of hot stones to deeply relax muscles and create sensations of comfort and warmth.

couples massage

Share your massage experience with someone special as you enjoy therapeutic relaxation for two. Our talented technicians will make sure you both leave refreshed and renewed.

reflexology

This therapeutic massage technique stimulates thousands of nerve endings in the feet and hands, and incorporates an exfoliating foot bath and hot stone treatment to restore energy and balance.

chair massage

Traditional massage performed over clothes relaxes muscles and reduces stress in a setting perfect for first-time or on-the-go clients.

corporate on-site chair massage

Bring chair massage to your office or business to boost energy, productivity and wellness. Clients will experience stress reduction and prevention of repetitive stress injuries. Contact the Club Manager for more information.

	Single Service	3-Pack	6-Pack	12-Pack
30-Minute Session	\$50/\$60*	\$120	—	—
60-Minute Session	\$80/\$100*	\$210	\$400	\$780
90-Minute Session	\$110/\$130*	\$300	\$575	\$1,080
120-Minute Session	\$140/\$160*	\$395	\$750	\$1,464

All package pricing is exclusive to members. Massage services can be used for Swedish, Deep Tissue, Prenatal, Sports, Assisted Stretching and aroma therapy massage services. All services will be based on the length of time of the appointment and the client's needs.

Courtside Services

30-Minute Session	\$40/\$50*
60-Minute Session	\$75/\$85*

Chair Massage

10-Minute Session	\$15/\$20*
15-Minute Session	\$20/\$25*

CANCELLATION POLICY: A 24-hour cancellation or rescheduling notice is required to avoid being charged. No shows will be charged the full service fee. Late cancellations on less than 24 hours notice are subject to a 50% fee.





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SPA HOURS

Monday-Friday
10:00am-8:00pm

Saturday & Sunday
10:00am-6:00pm