

## MEMBERS MENU



### TRAIN

Personal Training  
60, 90 mins | \$180 | \$250

Boxing Conditioning  
60 mins | \$180

Reformer Pilates  
60 mins | \$225

Fascial Stretch Therapy  
30, 60 mins | \$95 | \$180

### RESTORE

Sports Massage  
30, 60, 90 mins  
\$115 | \$205 | \$280

Deep Tissue Massage  
30, 60, 90 mins  
\$115 | \$205 | \$280

Soft Tissue Therapy  
30, 60, 90 mins  
\$115 | \$205 | \$280

### OPTIMISE

Cryotherapy  
15 mins | \$50

Red Light Therapy  
15 mins | \$55

Compression Therapy  
30 mins | \$75

Nutritional Assessment  
& Therapy  
60 mins | \$260

### PACKAGE OPTIONS AVAILABLE

Please contact our The Rec Room Team  
[hello@therecroomgym.com](mailto:hello@therecroomgym.com) for details.

\*All prices in US Dollars (USD)

\*\*Terms and Conditions of The Rec Room Ltd. Apply

THE  
REC  
ROOM