

NON-MEMBERS MENU



TRAIN

Personal Training
60, 90 mins | \$250 | \$375

Boxing Conditioning
60 mins | \$250

Reformer Pilates
60 mins | \$275

Fascial Stretch Therapy
30, 60 mins | \$125 | \$250

RESTORE

Sports Massage
30, 60, 90 mins
\$125 | \$250 | \$375

Deep Tissue Massage
30, 60, 90 mins
\$125 | \$250 | \$375

Soft Tissue Therapy
30, 60, 90 mins
\$125 | \$250 | \$375

OPTIMISE

Cryotherapy
15 mins | \$95

Red Light Therapy
15 mins | \$65

Compression Therapy
30 mins | \$125

Nutritional Assessment
& Therapy
60 mins | \$325

PACKAGE OPTIONS AVAILABLE

Please contact our The Rec Room Team
hello@therecroomgym.com for details.

*All prices in US Dollars (USD)

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

THE
REC
ROOM