

MEMBERS MENU



TRAIN

Master Trainer
60, 90 mins | \$210 | \$260

Personal Trainer
60 mins | \$180

Reformer Pilates
60 mins | \$230

Fascial Stretch Therapy
\$95 per 30 mins

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 | \$50

Compression Therapy
30 mins | \$75

Nutritional Assessment
& Therapy
60 mins | \$230

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