

## NON-MEMBERS MENU



### TRAIN

Master Trainer  
60, 90 mins | \$275 | \$350

Personal Trainer  
60 mins | \$210

Reformer Pilates  
60 mins | \$290

Fascial Stretch Therapy  
\$125 per 30 mins

### RESTORE

Sports Massage  
30, 60, 90 mins  
\$125 | \$250 | \$320

Deep Tissue Massage  
30, 60, 90 mins  
\$125 | \$250 | \$320

Soft Tissue Therapy  
30, 60, 90 mins  
\$125 | \$250 | \$320

### OPTIMISE

Cryotherapy  
15 mins | \$95

Red Light Therapy  
15 mins | \$95

Compression Therapy  
30 mins | \$110

Nutritional Assessment  
& Therapy  
60 mins | \$290

### 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