

MASSAGE RATES

INDIVIDUAL SESSIONS:

	MEMBER RATE	NON-MEMBER RATE
1/2 hour	\$65	n/a
1 hour	\$100	\$135
90 minutes	\$145	\$175

Post Workout 20-minute: \$30

PACKAGES:

3 pack	\$291
5 pack	\$475
10 pack	\$900
20 pack	\$1,700
30 pack	\$2,400

20-minute Post Workout 10 Pack: \$300

Rates above are based on standard massages such as: Swedish, Deep Tissue, Sports & Shiatsu.

UPGRADE/PER SESSION:

(1 hour minimum)

60 minutes	Additional \$17
90 minutes	Additional \$22

Specialized massage options require an upgrade in pricing. Here are your upgrade options:

- Hot Stone massage
- Tui Na Massage
- Aromatherapy
- Thai massage
- Ortho Bionomy
- Polarity massage
- Pre/Post Natal massage
- Reflexology Reiki
- Medical Therapeutic Sports massage
- Cranial Sacral massage
- NYHRC Signature massage

LENGTH OF SESSION

Massage session time is based on a "medical hour," and includes consultation and preparation.

To purchase, contact the appropriate club reception desk.

