



Saint Mary's
Fitness Center

Non-Member Massage

Sports Massage | Deep Tissue | Swedish | Relaxation | Therapeutic | Pregnancy

NOW OFFERING NON-MEMBER MASSAGE!

Non-members may utilize massage services with the purchase of a day pass. Day passes are \$22 and must be purchased with each massage. Rates below **do not** include the cost of a day pass. To book your massage, please visit us in person or give us a call at 775-770-3800.

Non-Member Pricing

PACKAGES	25 MIN	50 MIN	80 MIN
1	\$48	\$77	\$125
2	\$90	\$141	\$242
5	\$207	\$325	\$500

Benefits of Massage

- Enhances healing of overworked or injured muscles
- Relieves muscle spasms, chronic pain and tension
- Increases flexibility and range of motion
- Promotes relaxation
- Reduces anxiety, fatigue and migraines
- Increases circulation of blood and lymph fluids
- Increases athletic performance

Enrollment:

Paid services must be purchased before booking.
Please see the Service Desk for enrollment info.

Cancellation Policy:

We require 24-hr advance notice for the cancellation of a scheduled appointment.
No-shows or late cancellations will be charged the full cost of the massage.

*20% discount for Saint Mary's Health Network Employees