Massage Therapy
Our licensed Massage Therapists are trained in various modalities; including Swedish, Deep Tissue, Shiatsu, Sports and Reflexology.

60 Minute Massage = $98.00
90 Minute Massage = $142.00
Two hour Massage = $200.00

60 Minute Massage = $120.00
90 Minute Massage = $162.00
Two hour Massage in room
Minute Massage = $220.00

Personal Training
Our Certified Personal Instructors are trained in various modalities; including Strength Training, Active Response, Personalized Stretching, and Meditation.

60 Minute Session = $85.00

Prefer the Privacy of Working out in your Room?
Personal fitness bags are available. The bag includes sets of 5 pound and 8 pound hand weights, a yoga stretch mat, tension bands, and a training manual.

Contact the Fitness Center at ext. 6808 for an appointment. Please allow us 2 to 4 hours advance notice, to best serve you.

(Above prices exclude 4.25% service tax)