

WELCOME BACK TO WELLNESS SALE!

BUY 3 GET 1 FREE

Are you in need of a little guidance getting back into a safe and efficient workout program? Have you noticed more tension in your neck, shoulders and/or back from long hours working from home? We are excited to have our members back and would like to extend special savings for Personal Training and Massage Therapy services to get you back to feeling great!

Personal Training and Massage Therapy services are **offering buy 3 sessions, get one FREE!** There is no limit on the number of sessions purchased, but all sessions must be used by **December 31st, 2020.**

Personal Training

Sessions	Members	Non-members
INDIVIDUAL 30-MINUTES	\$120	\$135
INDIVIDUAL 60-MINUTES	\$192	\$240
SEMI-PRIVATE	\$249 (\$124.50/PERSON)	\$285 (\$142.50/PERSON)
SMALL GROUP (3-PERSON)	\$309 (\$103/PERSON)	\$345 (\$115/PERSON)
SMALL GROUP (4-PERSON)	\$352 (\$88/PERSON)	\$388 (\$97/PERSON)

Massage Therapy

Sessions	Members	Non-members
60 MINUTES	\$213	\$243
90 MINUTES	\$300	\$342
*SPECIALTY 60-MINUTES	\$243	\$270
*SPECIALTY 90-MINUTES	\$342	\$414

*SPECIALTY MASSAGE INCLUDES HOT STONE THERAPY, PRE-NATAL AND THAI

To schedule a massage appointment at Meadowmont, please call 919-966-5500. To schedule a massage appointment at Northwest Cary, please call 984-974-5900.

To get started with a Personal Trainer, please contact the Wellness Services Manager at your location. The Wellness Services Manager for your facility will match clients with the appropriate trainer, based on each client's fitness goals, medical history and availability.