

Cost of Personal Training

- 1 Personal Training Session \$45**
- 6 Personal Training Sessions \$250**
- 10 Personal Training Sessions \$400**
- 16 Personal Training Sessions \$600**

Genesis Massage & Fitness specializes in developing a customized a diet and exercise program to help you in achieving your health and fitness goals while fitting your busy lifestyle!

Personal training sessions fluctuate in time from 90-45 minutes.

Gift Certificates may be purchased at the Juice Bar in Warrior Fitness Center!

Cost of Massage Service

One-Hour Session...

\$45.00...X 3+=\$40.00 each

- Can receive massage anytime LMT is available.
- May schedule as far in advance as client would like.
- Gives a full One-Hour massage session.
- Packages are sold as Gift Certificates and are transferable to ANYONE!

90-minute Session...

\$70.00...X 3+=\$65.00 each

- Benefits same as One-Hour Session with time lasting 90 minutes.

Half-hour Session.....\$30.00

2-Hour Session.....\$100.00

15-minute Session (Seated)\$20.00

One-Hour Hot Stone Massage.....\$75.00

Couples Massage...\$55.00 per person
Have a massage in the same room
with someone you care about!

Outcall (Rates Vary Upon Location & Time of Day):

One-hour Session... \$70.00

90-minute Session... \$100.00

(Individual therapists may charge more.)

Massage prices include: Relaxation, Stress Management, Chronic Pain Relief, Injury, Sports, Deep Tissue, Reflexology, and Pregnancy Massage, Acupressure, Cranio-sacral,

If desiring; Pregnancy Massage, Acupressure, Cranio-sacral, or Reflexology please let us know when you are scheduling so we can be sure to get you with someone who does that modality.

Massage Appointments with Russell Langford cost \$1 per minute. For example: a one hour massage session is \$60 or 90 min massage session is \$90

**\$10
OFF**

**a massage or
personal
training
package of 3
or more!
With this
coupon.**

A Little Information about Massage.

Massage Therapy has many benefits like: reducing stress, helping the immune system, injury prevention, and assisting in injury healing. People frequently ask, "How often should I get a massage?" The answer to that depends largely on the individual and what results they are looking for.

For individuals that are improving an injured area and/or getting rid of knots; it is recommended that they come in once a week for a while and gradually gap it out. In doing this each time they come in it will reinforce what was done the previous time and healing will take place much quicker. In doing this it prevents waiting until things are really bad and starting over on the healing process each time a client receives a massage.

For individuals that are looking to reduce stress and increase productivity once a month might be recommended. Coming more frequently might be more effective, but as often as time and money allow will be beneficial.

There is no magic number that is right. It all depends on the individual and what their goals are as well as what they do on a daily basis.

When you receive a massage regularly you can expect to improve your productivity at work and at home. You will be less stressed and can enjoy life more fully.

If you have any questions feel free to ask one of our Licensed Massage Therapists.

Genesis Massage & Fitness

**AT Warrior Fitness Center and Hess
Fitness Center**

Hill Air Force Base

(801)510-0767

**Appointments available Monday thru Saturday from about
7:00 am to 9:00 pm (Depending on LMT)**



Specializing In

☞ Relaxation & Stress Management

- ☞ Chronic Pain Relief
- ☞ Sports Massage
- ☞ Craniosacral Therapy
- ☞ Deep Tissue
- ☞ Pregnancy Massage
- ☞ Injury Massage
- ☞ Trigger Point Therapy
- ☞ TMJ Dysfunction
- ☞ Hot Stone
- ☞ Acupressure