



Tuesday, Thursday,
Friday
9am - 6:30pm
Wednesday
9am - 5:30pm
Saturday
9am - 2:00pm

OWL MEMBERSHIP:

- Monthly Auto Debit - \$199.00 per month
- 12 Sessions of Cryo OR Sauna (may be mixed, not to exceed 12)
 - Complimentary usage of NormaTec compression therapy. (legs, arms or hips)(30 min. sessions)
 - Aqua Massage is reduced to 0.75cents per minute.**
- (Membership can not be shared)(*minimum 3 month commitment, may cancel with a 30 day notice)

WHOLE BODY CRYOTHERAPY

Single Sessions:

FIRST Session ONLY \$25.00 Freeze - 2 -3 minutes, with first time personal assessment.
Single Session \$50.00 each session - 2-3 minutes -180 - -240 degrees F.

INFRARED SAUNA

Single Session:

\$20.00 20 minute Infrared Sauna
\$25.00 30 minute Infrared Sauna
\$35.00 45 minute Infrared Sauna
\$45.00 60 minute Infrared Sauna

Couples Session: (2People)

\$40.00 30 minute Infrared Sauna
\$75.00 60 minute Infrared Sauna

Whole Body Cryotherapy OR Infrared Sauna Packages:(not to be mixed)

(Cryotherapy 2-3 min session -180 to -240 F. Sauna 30min session 90 - 160 F.)

Recovery Package-Freeze OR Heat 5 package \$125.00 (good for 2months)
Recovery Package-Freeze OR Heat 10 package \$200.00 (good for 2 months)
Recovery Package-Freeze OR Heat 12 package \$225.00 (good for 4months)
(recovery packages 10 & 12 can be shared between yourself and 1 other person)

AQUA MASSAGE THERAPY

Single Massage:

\$25.00 20 minute Aqua Massage \$30.00 30 minute Aqua Massage

Packages:

(to expire within 6 months of purchase)(DISCOUNTED with CRYO Membership)

Massage 8 package \$149.00 - up to 30 min per massage
Massage 15 package \$249.00 - up to 30 min. per massage

NORMATEC COMPRESSION RECOVERY SYSTEM

Single Sessions:

\$15.00 30 minute Compression \$25.00 60 minute Compression

Packages:

Compression 5 package \$65.00 up to 30 minutes per session (good for 2months)
Compression 10 package \$99.00 up to 30 minutes per session (good for 3months)

****GIFT CERTIFICATES AVAILABLE FOR ALL SERVICES**

**** We HONOR our Military, Firefighters & Police - Ask for your special offer!****

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