



Menu of Services



Massage Menu



» *Swedish Massage*

A full body massage, this is a soothing, slow, rhythmical treatment varying from light to deep pressure. Excellent for relaxation and overall sense of well being.

50 minutes \$65

80 minutes \$90

» *Deep Tissue Massage*

A focused treatment utilizing strong pressure to release deeply-held patterns of tension. Friction, slow stroking and pressure point therapy work wonders to re-align muscle fibers and eliminate underlying causes of pain.

50 min \$75

80 min \$105

» *Sport Massage*

This invigorating massage helps to keep the soft tissues of the body healthy before and after physical activity. This is useful for injury prevention and performance enhancement for active people whether a serious golfer, occasional jogger or a regular at the gym.

50 min \$75

80 min \$105

» *Therapeutic Massage*

Assessment of the soft tissue and joints of the body and the treatment and prevention of physical dysfunction. An effective approach to pain management.

50 min \$75

80 min \$105

» *Back & Neck*

A combination of massage techniques applied to the back, neck, shoulders and chest – chronic hiding spots for tension.

50 min \$65

» *Reflexology Massage*

Pressure applied to points of the feet to relax stressed areas of the body promoting overall physical wellness.

50 min \$65

80 min \$95

» *Head, Feet & Hands Massage*

A deeply relaxing treatment of feet, hands, neck and face.

50 minutes \$65



Prices are quoted in US Dollars, plus tax. Club Espiritu extends signing privileges to all Members and Guests.

Services will be billed to your custodial account or stay folio.

To change or cancel your appointment, please give five hours notice to avoid being charge in full.

Morning appointments must be cancelled by 6pm the evening prior.

Please note that prices and hours of operation are subject to change
For details, contact conciiergeclubespiritu@senterracorp.com or 163-7171.

Fitness Menu



❧ YOGA *

A relaxing, yet challenging workout for all levels.

Private Session: \$75 for 1-2 people, \$15 each additional person

❧ PILATES – REFORMER TECHNIQUE

A challenging Pilates class using the Reformer machines in the Pilates studio.

Private Session: \$60 for 1-2 people, \$15 each additional person (4 person maximum)

❧ PILATES - MAT *

A challenging core mat workout.

Private Session: \$60 per hour for 1-2 people, \$15 each additional person

❧ SPINNING *

An intense cycling class set to music to keep your cardio workouts challenging and fun. Suitable for all levels.

Private Session: \$60 per hour for up to 8 people

❧ PERSONAL TRAINING

A workout designed to meet your personal fitness goals.

Private Session: \$60 per hour for 1 person, \$ 80 per hour for 2 people

❧ POWER PLATE

Vibration training combining strength exercises, stretching and even massage. Designed for all levels from beginners looking to improve bone density and build strength to athletes looking to improve power and speed.

Private \$30 for 30 minutes (1 person maximum)

❧ TOTAL BODY CONDITIONING *

A full-body strength workout using free weights, balls and more.

Private Session: \$60 per hour for up to 8 people

❧ ZUMBA *

Join the party! Zumba is a full-body cardio workout combining easy-to-follow Latin dance moves with more contemporary hip-hop moves.

Private Session: \$60 per hour for up to 8 people

❧ AQUA AEROBICS

A low impact cardio and total body strength workout for all fitness levels.

Private Session: \$60 per hour for up to 8 people

❧ BOOT CAMP

An intense total body workout combining strength moves with cardio exercise.

Private Session: \$60 per hour for up to 8 people

❧ KICKBOXING

A high power, high energy cardio blast!

Private Session: \$60 per hour for up to 4 people

❧ TRX SUSPENSION TRAINING

A full-body workout using what Men's Health magazine named

"The Best New Fitness Gear". If you haven't given TRX training a try, ask Fitness Director Kelly Loehr for a demonstration.

Private Session: \$60 per hour (2 person maximum)



*See Complimentary Weekly Class Schedule



Complimentary Group Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30	7:30 am SPINNING		7:30 am SPINNING				
8:00							
8:30							
9:00							
9:30							
10:00		10 am PILATES MAT		10 am PILATES MAT	10 am TOTAL BODY CONDITIONING	10 am YOGA ALL LEVELS	
10:30			10:30 am YOGA ALL LEVELS				
11:00		11 am ZUMBA		11 am ZUMBA	11am STRECH (30 mins)		
11:30							

All Classes are one hour unless specified.

Class schedule subject to change. For current schedule, please contact the Club Concierge at conciergeclubespiritu@senterracorp.com or 163-7171.