



# IRON+ COURTS

TRAIN. RECOVER. PERFORM.

<b>Recovery Prices*</b>	<b>(Member / Non-Member)</b>
<b>Cryotherapy / Penguin</b>	<b>One Session</b>
- One Area - 15 mins	\$20 / \$30
- Back or Two Areas - 30 mins	\$40 / \$50
- Facial (Age Defying) - 30 mins	\$40 / \$50
<b>Electrical Stimulation / TENS</b>	
- Rapid Pain Relief (TENS) - 15 mins	\$20 / \$30
- Active Recovery - 30 mins	\$40 / \$50
- Recovery Plus - 30 mins	\$40 / \$50
- Muscle Relaxation - 30 mins	\$40 / \$50
- Pain Relief (TENS) - 30 mins	\$40 / \$50
<b>Compression Therapy / Normatec</b>	
- Arm, Hip or Legs - 15 mins	\$20 / \$30
- Arm, Hip or Legs - 30 mins	\$30 / \$50
<b>Percussion Therapy</b>	
- One Area - 15 mins	\$20 / \$30
- Two Areas - 30 mins	\$40 / \$50
- Lower or Upper Body - 30 mins	\$40 / \$50
<b>Stretching</b>	
- Rapid Stretch - 15 mins	\$20 / \$30
- Focused Stretch - 30 mins	\$40 / \$50
<b>Athletic Kinesiology Taping</b>	
- Joint Taping (Elbow, Knee, Shoulder) – 15 mins	\$15 / \$25
- Core Taping (Back, Quads, Hamstrings) – 30 mins	\$30 / \$40
<b>Sports Medicine Evaluations</b>	
- First Visit – 30 mins	\$50 / \$60
- Subsequent Visits – 15 mins	\$25 / \$35
- Sports Physical – 15 mins	\$25 / \$35
<b>Testing</b>	
- InBody Assessment / 15 mins	\$15 / \$25
- Concussion Testing / 15 mins	\$15 / \$25
- Kinetisense 3D Functional Testing / KAMS / 30 mins	\$40 / \$50
- Proteus Strength and Power Testing / 30 mins	\$40 / \$50

**10 Sessions**  
**\$175 / \$225**  
(Member / Non-Member)

## \*Ask about our Memberships to Save Money

Unlimited Recovery Membership - One session/day - \$199/mo (3 mo min)

(Add-On to any Membership for \$149/mo)

Recovery 4-Pack Membership - One session/week - \$79/mo (3mo min)

(Add-On to any Membership for \$49/mo)