

QUARRY

BUILT FOR EVERY BODY.

Mondays - Fridays, 6:30am - 10pm
Saturdays, 7am - 8pm
Sundays, 10am - 6pm

NON-MEMBERS PT & CONTRAST THERAPY

The price includes one hour of personal training and one hour of contrast therapy, which consists of a Sunlighten infrared sauna session followed by a Brass Monkey cold plunge.

Please note that the contrast therapy session can be redeemed at any time and does not need to follow your gym session.

**Contrast therapy bookings are subject to availability.*



One Session: \$1,500
Ten Sessions: \$1,300
Twenty Sessions: \$1,100
Thirty Sessions: \$950

PERSONAL TRAINING



Personal Training includes:
Movement & Strength Assessment (complimentary)
Individualized Programing
Nutritional Planning and Macro Calculating
Laundry & Storage for your kit (shoes included)

NON-MEMBERS

One Session: \$1,200
Ten Sessions: \$1,000
Twenty Sessions: \$950
Thirty Sessions: \$850

MEMBERS

One Session: \$1,000
Ten Sessions: \$900
Twenty Sessions: \$850
Thirty Sessions: \$750