



ATHLETIC
RECOVERY
CENTRE

THERAPY PRICE LIST

MONTHLY MEMBERSHIPS:

Usage of all equipment daily

(Compression boots, Ice bath, Hyperice range, Compex recovery EMS, Infra-red Sauna, Game Ready and stretch/foam-rolling classes.)

**Subscription allows for 1 session per day per station.
Appointment only and subject to availability of
equipment.**

Month to Month subscription.	R850 p/m
3 Month Subscription:	R750 p/m
6 Month Subscription	R700 p/m

*prices are for 2020 only! Fair usage applies.

SPORTS MASSAGE / HYPERVOLT

30min	R250
45min	R350
60min	R450
90min	R650
5x60min sessions (save R450)	R1800
10x60min sessions (save R1000)	R3500

CUPPING (added to MASSAGE)

In addition to massage price	R100
------------------------------	------

FOAM ROLLING AND STRETCH CLASS

Single session (45min) (max 8 people in a class)	R80
---	-----

SINGLE SESSIONS AND DAY PASS:

Usage of any equipment for date/session. (Compression boots, Ice bath, Hyperice range, Compex recovery EMS, Infra-red Sauna, Game Ready and stretch/foam-rolling class.)

30 min Recovery session	R250
60min Recovery session	R450
Day Pass (no time limit)	R650

**Subject to availability, booking essential. Fair usage
applies.**

TEL: 021 100 3539 | EMAIL: info@athleticrecoverycentre.co.za

WEBSITE: www.athleticrecoverycentre.co.za

MILNERTON | Unit 2, Frazzitta Bussiness park, Koeberg road, Milnerton
GARDENS | Cnr of Camp and Welgemeend street, Gardens

2018/567323/07