

# CASA MARINA RESORT & THE REACH RESORT

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## HEALTH AND FITNESS SERVICES

Welcome to the Casa Marina & The Reach Resort Fitness Center. We realize that more people today are taking the time and making the effort to keep themselves healthy. By and large, physical training improves stamina and overall health. We here at the hotels want you to be able to continue your regime of physical development even when vacationing or on business with us.

For your convenience, we have selected Paramount Athletic equipment for your circuit training. Our machines will enable you to challenge each and every major muscle group. In addition, we have included Lifecycles and Stairmasters for your aerobic requirements. And to further support your individual health interests, we've included a dry-heat sauna to refresh and cleanse after your day of physical activity in our facility.

Naturally, no spa program is complete without a visit to our versatile massage studio. Our licensed therapists, both men and women, are expertly trained in Swedish massage, sports rehabilitative massage, traditional acupressure massage and foot reflexology. We have been providing therapeutic massage treatment since 1979 to people of all ages and from around the world, and our reputation for producing results is well recognized by the return visits of our numerous guests each year.

Many people have enjoyed the opportunity in choosing to have their massage either in our private studio or next to the ocean under the palm trees with the sea breeze. The massage therapy program that you select will compliment your individual needs as we confidently introduce you to a new feeling of comfort and relaxation. Our staff looks forward to meeting with you in the future and participating in your memorable visit here at Casa Marina Resort.

ACTIVITY	PRICE
Fitness and Sauna Services	Free to All Guests
Massages	\$50.00 Per 25 minutes \$80.00 Per 55 minutes \$120.00 Per 85 minutes

Prices Do Not Include 7.5% State Tax and 20% Gratuity