



# HI-EMT

FOCUS AREAS INCLUDE:

**ABS, GLUTES, BICEPS/TRICEPS,  
QUADRICEPS/HAMSTRINGS, AND CALVES!**

## BENEFITS

- NON-INVASIVE BODY CONTOURING
- 20,000 INVOLUNTARY MUSCLE CONTRACTIONS
- SUITABLE FOR MEN AND WOMEN
- EXCELLENT FOR THOSE WITH JOINT CONDITIONS OR CHRONIC FATIGUE
- 16-20% INCREASE IN MUSCLE MASS AFTER 6 SESSIONS
- REDUCTION OF RECTUS DIASTASIS IN WOMEN AFTER PREGNANCY
- PRODUCES LONG LASTING RESULTS!

## PRICE LIST

1 SESSION .....	\$34.99
2 SESSIONS .....	\$69.99
6 SESSIONS .....	\$209.99
8 SESSIONS .....	\$279.99
12 SESSIONS .....	\$419.99

SESSIONS ARE SET FOR 30 MINUTES. YOU MAY  
FOCUS ON 2 MUSCLE GROUPS AT A TIME!



**MO-CITY FITNESS**  
ONE STOP SHOP

[WWW.MOCITYFITNESS.COM](http://WWW.MOCITYFITNESS.COM)

[MO.CITYFSC@YAHOO.COM](mailto:MO.CITYFSC@YAHOO.COM)

# INFRARED SAUNA



## BENEFITS

- DETOXIFIES THE ENTIRE BODY
- HELPS EASE ANXIETY/MOOD
- PROMOTES RELAXATION
- REDUCES PAIN
- INCREASES CIRCULATION
- ENHANCES IMMUE FUNCTIONS
- IMPROVES SLEEP
- LOWERS RISK OF CARDIOVASCULAR ISSUES

## PRICE LIST

SINGLE SESSION .....	\$15/30 MIN
UNLIMITED SESSIONS .....	\$60/MONTH



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# HYDRO MASSAGE.



## BENEFITS

- PROVIDES TEMPORARY RELIEF OF MINOR ACHES AND PAINS
- RELIEVES MUSCLE SORENESS, STIFFNESS, AND TENSION
- INCREASES CIRCULATION IN LOCAL AREAS WHERE NEEDED
- REDUCES STRESS AND ANXIETY
- ENHANCES THE FEELING OF WELL-BEING AND DEEP RELAXATION.

## PRICE LIST

SINGLE SESSION .....	\$15
UNLIMITED (MEMBERS) .....	\$79/MONTH
UNLIMITED (NON-MEMBERS) .....	\$89/MONTH

SESSIONS ARE SET FOR 20 MINUTES.



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# COMPRESSION THERAPY



## BENEFITS

- DECREASES MUSCLE RECOVERY TIME
- REDUCES SORENESS
- DECREASES MUSCLE TENSION AND INFLAMMATION
- INCREASES FLEXIBILITY AND RANGE OF MOTION
- REDUCES SWELLING AND WATER ACCUMULATION
- INCREASES BLOOD FLOW AND CIRCULATION

## PRICE LIST

<b>SINGLE SESSION</b> MEMBER HAS A CHOICE OF EITHER HIP OR LEG COMPRESSIONS	<b>\$15/20 MINUTES</b>
<b>UNLIMITED SESSIONS</b>	<b>\$60/MONTH</b>



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