

To Schedule an Appointment

Appointments can be made online at: www.xpiron.com/schedule. You may book them up to one hour prior to your desired appointment time. For immediate assistance call (510) 226-8500, extension 505. A credit card or membership number is required to schedule an appointment.

Courtesy Cancellation Policy

To ensure the highest level of service we ask that cancellations or reschedules be made 24 hours prior to any treatment to avoid being charged the full payment of the scheduled service.

Check-In

Please check-in at the Front Desk at least 15 minutes prior to your appointment. If you are late, actual service time may be shortened to avoid inconveniencing the next client.

Payment must be made at the Fitness Desk before your scheduled appointment. We kindly request that you present your receipt to the therapist before your massage.

All spa services are performed in our private rooms that adjoin the men's and women's locker rooms. A hot shower prior to spa treatments is recommended. Most body treatments are enjoyed without clothing, however, please wear whatever is most comfortable to you. During all treatments your body is fully draped except for the area being treated.

Gratuities

During check-in or checkout, the Front Desk will accept gratuities at your discretion.

All Massage & Spa Treatments

Elite Pricing may apply.

Hours of Operation

Monday - Friday 9am - 9pm
Saturday & Sunday 9am - 7pm



ClubSport Fremont
46650 Landing Parkway
Fremont, CA 94538
510.226.8500
www.clubsports.com

| relax



the Spa
at ClubSport Fremont

Massage Therapies

ClubSport Classic Massage

This full-body massage is designed to soothe tired muscles, improve circulation and promote relaxation. Medium pressure is applied.

	Members	Guests
50 minutes	65	72
• Five sessions	300	330
80 minutes	95	105
• Five sessions	450	495

Deep Tissue/Sport Massage

A therapeutic massage, using a wide variety of techniques and firm pressure. Ideal for chronic muscle tension and overworked muscles.

	Members	Guests
50 minutes	70	77
• Five sessions	325	358
80 minutes	100	110
• Five sessions	475	523

Prenatal Massage

Ease your aching muscles and give yourself and your baby a treat. Performed on a specially designed table, the therapist can adapt your massage for any stage of pregnancy.

	Members	Guests
50 minutes	70	77
• Five sessions	325	358
80 minutes	100	110
• Five sessions	475	523

De-Stress

A localized massage focusing on the area of your body that accumulates the most stress and tension; neck, shoulders and back, or gluteals, legs and feet.

	Members	Guests
20 minutes	40	44
• Five sessions	175	193

Restorative Hot Stone Massage

Experience a new level of relaxation as warm, polished basalt stones gently glide across your body for a soothing rhythmic massage. The healing stones promote release of muscle tension, tissue repair and a sense of total well-being.

	Members	Guests
80 minutes	110	121

Aromatherapy

Awaken your senses with a nurturing massage using high quality essential oils extracted from plants and flowers.

	Members	Guests
50 minutes	70	77
80 minutes	100	110

Reflexology

Relieve tension with this ancient form of healing massage. This therapeutic foot massage uses pressure points to stimulate areas of the foot to promote healing energy, while completely relaxing you. Reflexology is a perfect addition to any massage, or as a stand-alone treatment.

	Members	Guests
20 minutes (feet only)	45	50
50 minutes (hands & feet)	75	83

Trigger Point Therapy

Relieve discomfort from minor aches and pains instantly and/or experience symptom relief from muscular or tendon related diseases or disorders.

	Members	Guests
10 minutes	20	22
20 minutes	35	39
50 minutes	75	83

Added Relaxation

Get more out of your treatment by adding one of the following to your massage: Moisturizing Scalp, Hand Rejuvenation, Foot Exfoliation, or Hot Stones.

Each selection \$15 (no additional time)

Massage & Spa Packages

Minor Aches & Pains Package

For individuals with frequent sprains, muscle soreness, headaches or other minor discomforts.

	Members	Guests
Five 10-minutes sessions:	95	105

Chronic Aches & Pains Package

For individuals suffering from muscle or tendon related diseases or disorders searching for symptom relief.

	Members	Guests
Five 50-minute sessions:	350	385

The Spa Day Package

A deluxe combination of three healing treatments. This pampering experience includes a moisturizing scalp massage, an exfoliating body polish and a full body aromatherapy massage.

	Members	Guests
80 minutes	110	121

The Escape

Relax from head to toe with a moisturizing scalp massage, hand rejuvenation, foot exfoliation, and a 50-minute classic massage.

	Members	Guests
80 minutes	110	121

The Exerciser's Retreat

Enjoy a full body exfoliation with a salt glow, followed by a 50-minute deep tissue massage to revitalize your muscles.

	Members	Guests
80 minutes	110	121

