

Recharge. Recover. Re-Energize!

Step into the plunge and experience the ultimate reset for your body and mind.

Cool down, boost recovery, and power up your day — one plunge at a time!

Call **814-274-5353** to book your appointment today!

Available only during staff hours by appointment.



NON-MEMBERS

Beginner / Intermediate Users

5 minutes in the tank

- 1 use\$20.00
- 5 uses.....\$85.00
- 10 uses.....\$150.00
- Unlimited
Monthly Use\$220.00

Advanced / Athlete Users

10 minutes in the tank

- 1 use\$25.00
- 5 uses.....\$110.00
- 10 uses.....\$200.00
- Unlimited
Monthly Use\$280.00

MEMBERS (5% DISCOUNT)

Beginner / Intermediate Users

5 minutes in the tank

- 1 use\$19.00
- 5 uses.....\$80.75
- 10 uses.....\$142.50
- Unlimited
Monthly Use\$209.00

Advanced / Athlete Users

10 minutes in the tank

- 1 use\$23.75
- 5 uses.....\$104.50
- 10 uses.....\$190.00
- Unlimited
Monthly Use\$266.00

UPMC
LIFE CHANGING MEDICINE