

FIT-CENTIVE RECOVERY TRAINING

25- OR 50-Minute Sessions



25-MINUTE RECOVERY SESSIONS

Sessions	Per Session	Total Package Price
1	\$45.00	\$45.00
4	\$42.50	\$170.00
8	\$40.00	\$320.00

50-MINUTE RECOVERY SESSIONS

Sessions	Per Session	Total Package Price
1	\$90.00	\$90.00
4	\$85.00	\$340.00
8	\$80.00	\$640.00

Packages expire within 10-weeks (2.5) months after the date of the first session.



CANADA COLLEGE
ATHLETIC CENTER

Your community connection to education and fitness.

FIT-CENTIVE RECOVERY TRAINING

25- OR 50-Minute Sessions

What is Recovery Training?

Recovery training integrates various strategies aimed at allowing the body to rest and repair following physical activity. Utilizing simple yet effective static/active stretching methods, combined with state-of-the-art Hypervolt massage guns and vibration tools, these sessions are designed to keep you moving and feeling your absolute best!

Prevent Injuries and Disruptions to your Fitness Goals

Overtraining occurs when the body doesn't have enough time to recover from intense workouts, leading to fatigue and increased risk of injury. Recovery training sessions repair damaged tissues, optimizing your performance in your next workout.

CALL OR EMAIL TODAY



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(650) 381-3508
comfit.canadacollege.edu

Members receive **one complimentary 15-min Recovery Training session** with one of our Certified Trainers.

Scan the QR code or email moorbrinkj@smccd.edu to book your sessions.



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