

## Fitness Center



### State of the Art Fitness Center Includes:

- Aerobics Studio
- Conference Room
- Cardio Equipment with Individual TV Screens
- Free Weights
- Walking/Running Track
- Circuit Training

Members must be at least 14 years of age to use the fitness facility.



## Group Exercise



**FREE**  
to all Members

**Guests:**  
**\$5/person**

- CycleJam
- Basics
- Step Aerobics
- Oldies & Goodies
- Kickboxing
- Sun Style Tai Chi for Health
- Power Yoga
- Zumba
- Fitball
- Hatha Yoga
- Pilates
- Hi-Low/Step Infusion

## Stillpoint

# Massage & Bodywork

South

### SERVICE PRICE LIST

[www.stillpointbodywork.com](http://www.stillpointbodywork.com)

#### Massage Therapy Services

Swedish, Infant & Prenatal	90 min.	\$70.00
	60 min.	\$50.00
	30 min.	\$30.00
Deep Tissue	60 min.	\$60.00
	30 min.	\$40.00
Corporate Chair Massage	\$65.00p/h per therapist	

#### CST, Lymph Drainage Therapy, MFR, Yoga & Reiki

60 minutes	\$50.00
30 minutes	\$30.00

Yoga therapy includes a free 15 minute consultation prior to appointment.

#### Additional Services

Ear Coning	\$25.00
Hand or Foot Reflexology	\$30.00
Reiki Workshops	see brochure for pricing

#### Check policy:

Please make your check payable to the **individual therapist** if you are paying for an individual session. Please make your check payable to **Stillpoint Massage or SMBS** if you are purchasing a gift certificate or prepaying for six or more sessions.



3720 SW 45th Street  
Topeka, Kansas 66610-9400  
Phone: 785-267-7888

[www.greatlifegolf.com](http://www.greatlifegolf.com)

Hours:

6 a.m. - 10 p.m. seven days a week!

#### Our Mission:

*To promote a healthy, happy lifestyle for individuals and families by offering fitness and golf at an affordable rate in a relaxed and friendly atmosphere.*



## Berkshire

**\$29/month or \$348/year**  
**Singles, Married Couples or Families**  
**...Unlimited Fitness....Unlimited Golf!**



**Great Golf!**

**Great Fitness!**

**Great Life!**

## Gymnasium



## Locker Rooms



- Lounge Area with Flat Screen TV
- Hot Tub-Ladies only
- Steam Sauna
- Dry Sauna



◦ **Lockers** (Daily Use and Annual Rentals available)

## Hot Tubs



Berkshire offers two therapeutic hot tubs. The "co-ed" tub is located on a deck above the swimming pool and the "ladies only" tub is enclosed for privacy and is accessible from the ladies locker room.

## Golf



**Members never pay Green Fees!**

	<u>Member</u>	<u>Non-Member</u>
9-Hole Green Fee Weekday	\$0	\$8
18-Hole Green Fee Weekday	\$0	\$12
9-Hole Green Fee Weekend	\$0	\$10
18-Hole Green Fee Weekend	\$0	\$15
9-Hole Cart Rental	\$5/person*	\$5/person*
18-Hole Cart Rental	\$10/person*	\$10/person*
Range Balls - Small Bucket	\$2	
Range Balls - Medium Bucket	\$3	
Range Balls - Large Bucket	\$5	

*\*In order to operate a golf cart, the driver must have an unrestricted drivers license.*

## Swimming Pool

**Free to all Members**  
**Guests: \$2/person**



Hours: Tues. - Sun. 12 noon - 8 p.m.  
Adult Swim: Tues. - Sun. 10 a.m. - 12 noon

Closed Mondays - Open Memorial Day to Labor Day

Children 8 years of age or younger will not be admitted unless accompanied and supervised by a parent, guardian or responsible companion 16 years of age or older.

## Tanning



**Holiday 50—Mega Bed with Facial Lamp**

	<u>Member</u>	<u>Non-Member</u>
Single Tan	\$3	\$7
Ten Tans	\$20	\$40
Monthly Unlimited	\$30	\$50

**Tan Up—Super Stand-up Bed**

	<u>Member</u>	<u>Non-Member</u>
Single Tan	\$4	\$9
Ten Tans	\$25	\$50
Monthly Unlimited	\$35	\$60



## Personal Training

**Bodies By Design, L.L.C.**  
Personal Fitness Training  
Nutrition & Supplements

Owners: Charles & Juliet Banks  
(785) 221-2719 or (785) 221-8368  
[bodiesbydesign@cox.net](mailto:bodiesbydesign@cox.net)



Bodies By Design offers specialized personal fitness training in addition to nutrition, weight loss and competition assistance.

Rates are available for individuals, couples and groups.

Bodies By Design specializes in developing a specific resistance program to meet your needs which will help YOU.....

- Learn new exercises with proper form
- Improve your ability in a particular sport
- Train for competition or an event
- Hold yourself accountable, monitor your progress
- Increase strength, flexibility and lean muscle
- Improve the quality of your life!