



**CONTACT
RED MOUNTAIN
CENTER**

PHONE

(480) 644-4800

(480) 644-4810

WEBSITE

www.redmountaincenter.com

ADDRESS

7550 E Adobe
Mesa, Arizona 85207

Pricing Effective 04/14/14

**SCHEDULE YOUR
APPOINTMENT
TODAY**

Call our wellness professionals directly to schedule an appointment for your next fitness coaching or massage therapy session.

These services are available at an additional cost and are not included in membership fees.



**RED
MOUNTAIN
CENTER
ENHANCED
SERVICES**

MESA, AZ

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MASSAGE THERAPY

Swedish Massage - 60 mins: \$45

Traditional massage techniques are used for relaxation and stress relief. Soreness will be relieved and tension released for an overall sense of well-being.

Deep Tissue Massage - 60 mins: \$55

A more therapeutic and intense massage that uses deeper pressure to access muscular layers. Beneficial for those who prefer specific deep bodywork.

**For appointments please contact
Licensed Massage Therapist:
Tara Edlund, 602-739-0373**

Tara is a certified massage therapist and has been practicing massage for over six years. Tara is also a registered yoga teacher and has been guiding students in their practice for almost a decade. Yoga and massage have changed Tara's life. After being involved in a serious accident resulting in physical limitations; yoga and holistic wellness has enabled Tara to live a life of enjoyment and serve others.

FITNESS COACHING

Coaching sessions are by appointment only. For appointments please contact Certified Personal Trainers directly. Additional times may be available by request.

Individual Sessions - 55 mins: \$40

2 Person Sessions - 55 mins: \$58

First session includes fitness consultation.

Deb McCaffrey: 480-252-2986

Deb is an ISSA certified personal trainer, who brings seven years of group fitness experience and over 3 years of personal trainer experience to the RMC. Deb has auditioned for the American Gladiator TV show and has been a top 10 finalist in the National Physique bodybuilding competition.

Kiyomi Tiffany: 480-221-2163

Kiyomi is a certified personal trainer and a biggest loser instructor who has been teaching for 5 years. Kiyomi is also certified in Iyengar Yoga, Pilates, aerobics, senior fitness and step and has experience teaching bootcamp, cross fit, kickboxing and all of the aforementioned fitness & wellness programs.

Donna T.: 480-251-8668

Donna is a certified personal trainer and has 15 years of experience teaching fitness classes including; yoga, Zumba, weight lifting and Silver Sneakers. Donna puts great emphasis on individual client needs, goal setting and goal accomplishment. Donna specializes in older adults as well as clients who want to gain muscle and lose weight.

