



SUCCESS STRATEGY: SHOW THE VALUE OF RECOVERY ON YOUR WEBSITE

Having worked with most major fitness brands on positioning HydroMassage and other premium amenities, we have a unique perspective as to what strategies have worked exceptionally well in the industry. Please allow us to share our insight and knowledge to help you maximize Basic-Fit's Premium Package success.

- **Showcase your Premium / recovery services and communicate the benefits of each**
- **Include a variety of photos and videos of Premium offerings**
- **Highlight the value of the entire Premium Package**
- **Make upgrading to the Premium Package online easy for members**
- **Provide an incentive / create urgency to upgrade**
- **Share with members on social media**



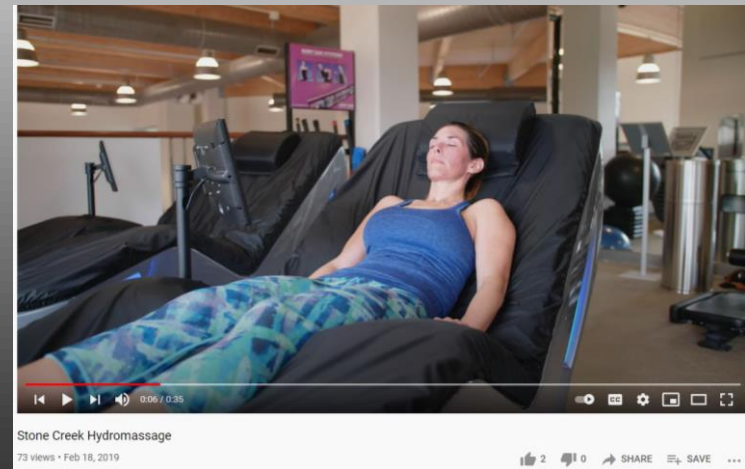


Fitness Club Videos

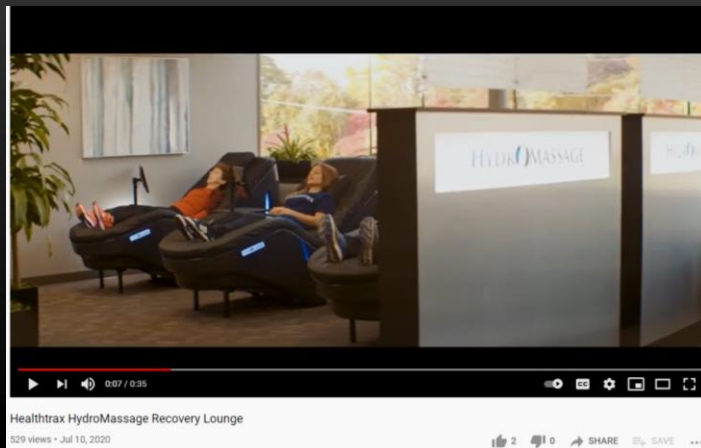
HYDRO
M A S S A G E



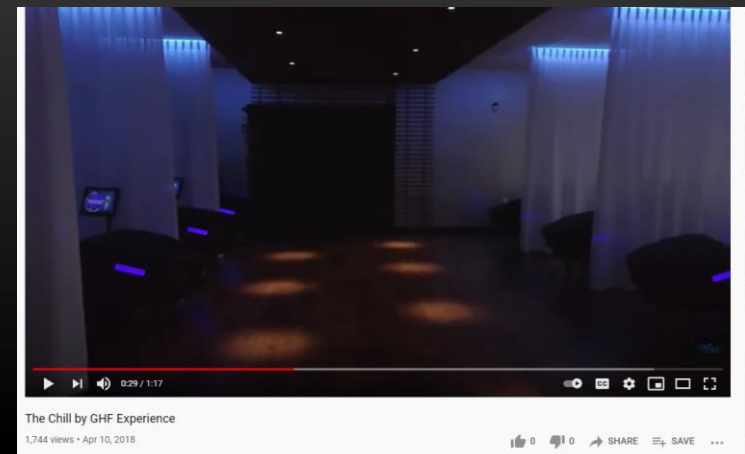
[Elite Health - YouTube](#)



[Stone Creek Hydromassage - YouTube](#)



[Healthtrax HydroMassage Recovery Lounge - YouTube](#)



[The Chill by GHF Experience - YouTube](#)

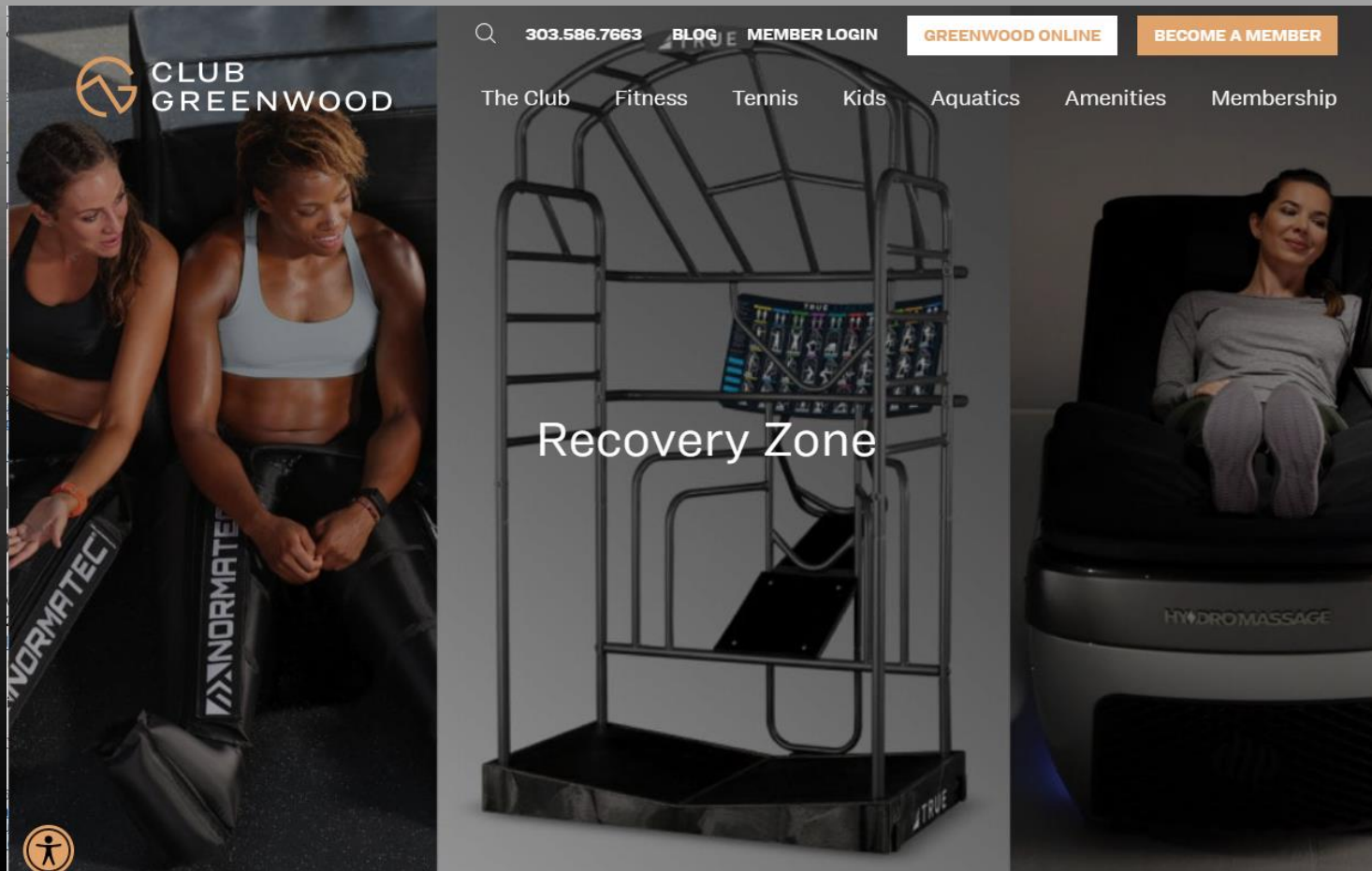


CLUB GREENWOOD – Recovery Zone

HYDRO
MASSAGE

Club Greenwood

About the Recovery Zone - Club Greenwood





GAINESVILLE HEALTH & FITNESS – CHILL ZONE


HYDRO
MASSAGE

Gainesville Health & Fitness

Chill by GHF - Gainesville Health & Fitness (ghfc.com)


(352) 377-4955

View as: **Guest** Member



Fitness Training Amenities Locations and Hours

GET PRICING



Hydro Massage Technology to Relax & Recover

The accumulated stresses of everyday life can damage your health in irreversible ways — from early aging to heart problems and long-term disability. While we know you cannot eliminate stress, you can manage it and it's worth every effort to do so.

Your CHILL by GHF experience begins in our HydroMassage lounge and continues as your muscles and your mind relax to give you a one-of-a-kind post workout recovery.


Each session is 10 minutes and will loosen up muscles, increase oxygen and blood flow into muscles, remove lactic acid buildup (which is what makes you sore), and deliver nutrients from your body to your muscles. You will walk out of the gym feeling like a new person.

Introductory Pricing: 15 sessions for \$15 a month with auto-renew feature, now available for a limited time.

Stop by before or after your workout and try a complimentary session.

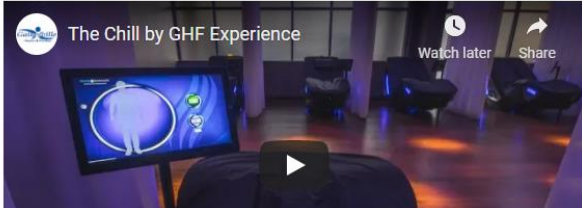
If you prefer a hands-on massage, we offer therapeutic massages at ReQuest Physical Therapy located in both our Main facility and our Tioga facility. You can learn more about the different types of massages we offer or [schedule a massage appointment](#).


How To Begin

 The Chill by GHF Experience

Watch later

Share







CHUZE FITNESS – HydroMassage

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Chuze Fitness

HydroMassage™ | Chuze Fitness

CHUZE
FITNESS

AMENITIES ▾

LOCATIONS ▾

CLASSES ▾

ABOUT ▾

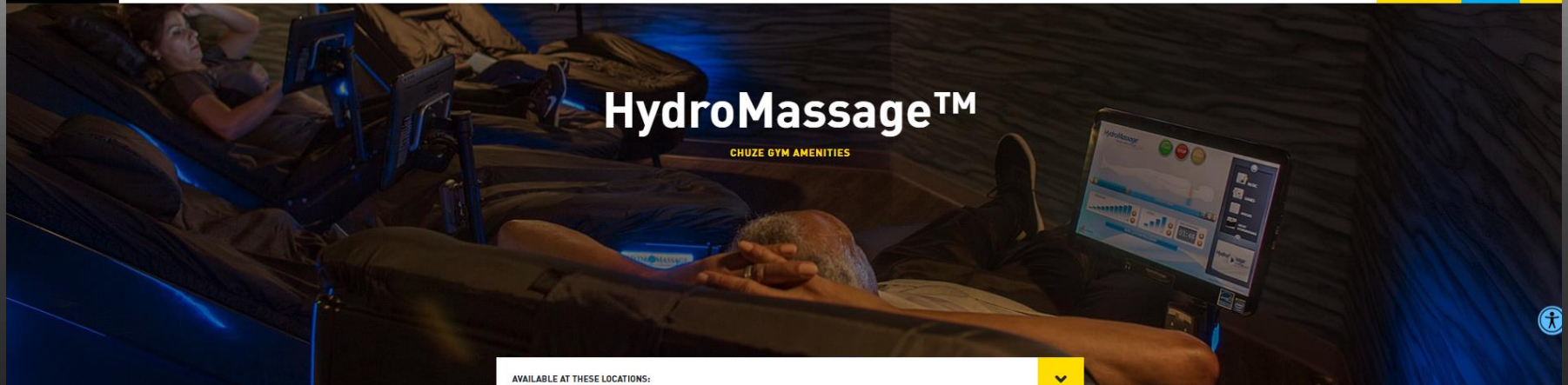
MEMBERSHIP ▾

CHUZE PEOPLE

ICHUZE FITNESS
VIRTUAL AND HYDROMASSAGE

CHUZE APP

JOIN NOW



AVAILABLE AT THESE LOCATIONS:



HydroMassage™

We wouldn't blame you if you joined Chuze just for the hydro massage. It's free with our Premium and MORE memberships. Not to mention unlimited. Let the Abhhhhhh begin. And after a great workout, nothing feels quite like a great reward. Enjoy one in the privacy of your own hydro.





BRICK BODIES - HydroMassage

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Brick Bodies Fitness

<https://www.brickbodies.com/recovery/hydrmassage/>



LOCATIONS MEMBERSHIPS AQUATICS TRAINING GROUP FITNESS VIRTUAL CLASSES

TRY BRICK BODIES

JOIN NOW



HYDROMASSAGE LOUNGES

Currently Available at Brick Bodies Padonia and Reisterstown

[Learn More](#) [Frequently Asked Questions](#)




WHAT IS HYDROMASSAGE?

The HydroMassage Lounge is a revolutionary massaging lounge chair that uses pressurized water to benefit recovery and overall wellness. Don't worry, you stay completely dry and relaxed while the water works its magic within the super comfy lounge.

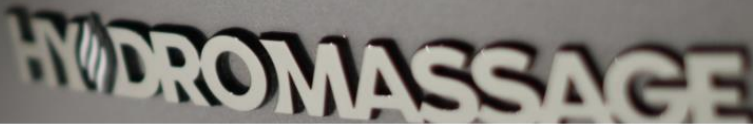


Denver Health & Fitness

HydroMassage | Denver Health and Fitness Center (denverhealthfitness.com)





MEMBERSHIPS ▾ FITNESS ▾ TRAINING ▾ WHY DHF ▾



HYDROMASSAGE THERAPY

Denver Health & Fitness has two state-of-the-art HydroMassage Lounge 440X, the latest in therapeutic water massage technology. Designed for the ultimate dry hydromassage experience, HydroMassage therapy is the next component to overall health and wellness. 10 minutes a day can help encourage post-workout recovery, alleviate muscle and soft tissue injuries caused by low back pain, arthritis, injuries, stress, and many other ailments and conditions.

Add **daily hydromassage** on to your current membership package for one 10-minute treatment session per day.



BENEFITS OF HYDROMASSAGE

- Provides temporary relief from minor aches and pains
- Relieves muscle soreness, tension, and stiffness
- Increases circulation to the massaged areas
- Reduces feelings of stress and anxiety and increased relaxation
- Enhances your sense of well-being and overall wellness





FRANKLIN HEALTH & FITNESS – HydroMassage

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Franklin Health & Fitness

<https://franklinhealthandfitness.com/hydropassage/>

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Fill out the form below for a free Guest Pass


Claim Your FREE 3-Day Guest Pass!
(Includes HydroMassage!)

Name
First Last
Email Phone

[Submit](#)

**Must be 18 years of age or older and a first time, local visitor.
By submitting this form, you are agreeing to our Privacy Policy
and to be contacted via phone, text or email.








HEALTHTRAX – HydroMassage

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Healthtrax

HydroMassage | CT, RI, PA, MA, NC, NY Fitness | Healthtrax

DOWNLOAD A COMPLIMENTARY GUEST PASS - [CLICK HERE](#)

 **Healthtrax**
FIT FAMILIES FOR LIFE

VIRTUAL ABOUT AMENITIES CLASSES LOCATIONS MEMBERS MOBILE CONTACT US



HydroMassage

HYDROMASSAGE
INNOVATION IN RELAXATION

After that killer workout, we know your muscles are a little angry at you. Calm them down before going home, in our HydroMassage lounge. You will enjoy total relaxation while remaining fully clothed, dry, and comfortably supported as you are massaged by powerful waves of heated water. The HydroMassage lounges offer a full-body, deep-tissue massage with customizable pressure ranges for maximum comfort. Hydro massages help with relief of minor aches and pains, and also can reduce levels of stress and anxiety.

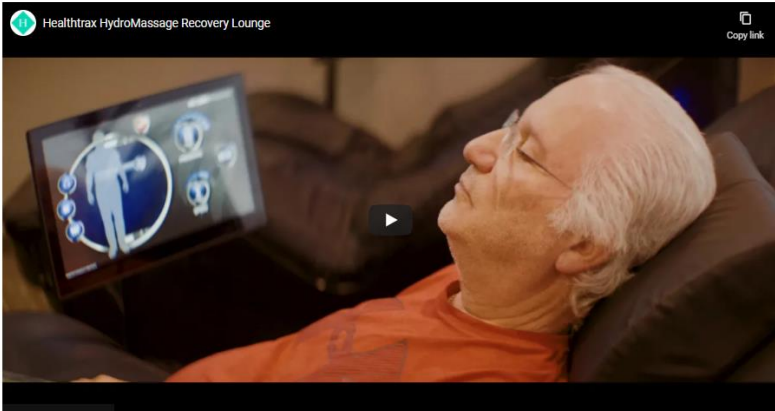
**HydroMassage available at select Healthtrax locations - check the Center nearest you [here](#) [location](#).*

[HydroMassage - Innovation in Relaxation!](#)

For more information on how to add HydroMassage to your membership plan or to schedule your free trial of the HydroMassage. Click the link below to fill out a form and a Healthtrax staff member will be in touch, or stop by the front desk at your next visit.

Healthtrax HydroMassage Recovery Lounge

Copy link






YMCA CLARK COUNTY – HydroMassage




YMCA – Clark County


<https://www.ymcacw.org/locations/clark-county-family-ymca/programs/health-wellness/hydropassage>



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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ABOUT HYDROMASSAGE®

- Ergonomic Design
- More-focused Massage
- Open, Seated Design

Learn more about [HydroMassage®](#)

