



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 your 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**



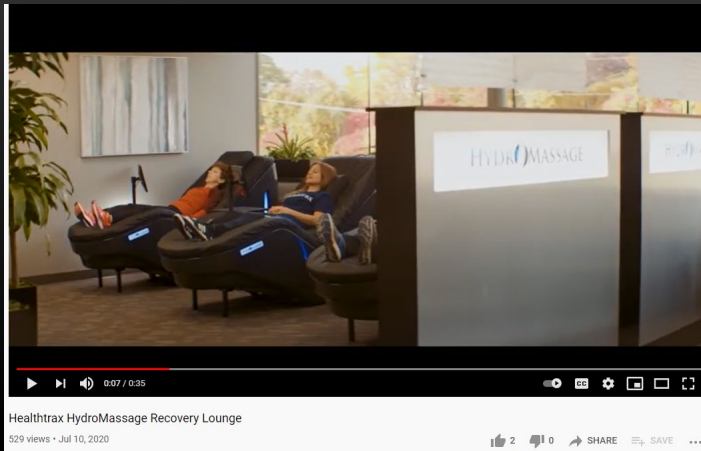
Fitness Club Videos



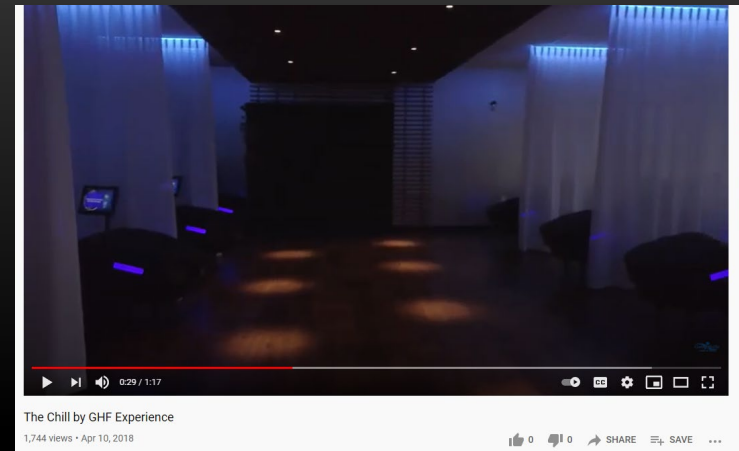
[Elite Health - YouTube](#)



[Stone Creek Hydromassage - YouTube](#)



[Healthtrax HydroMassage Recovery Lounge - YouTube](#)



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

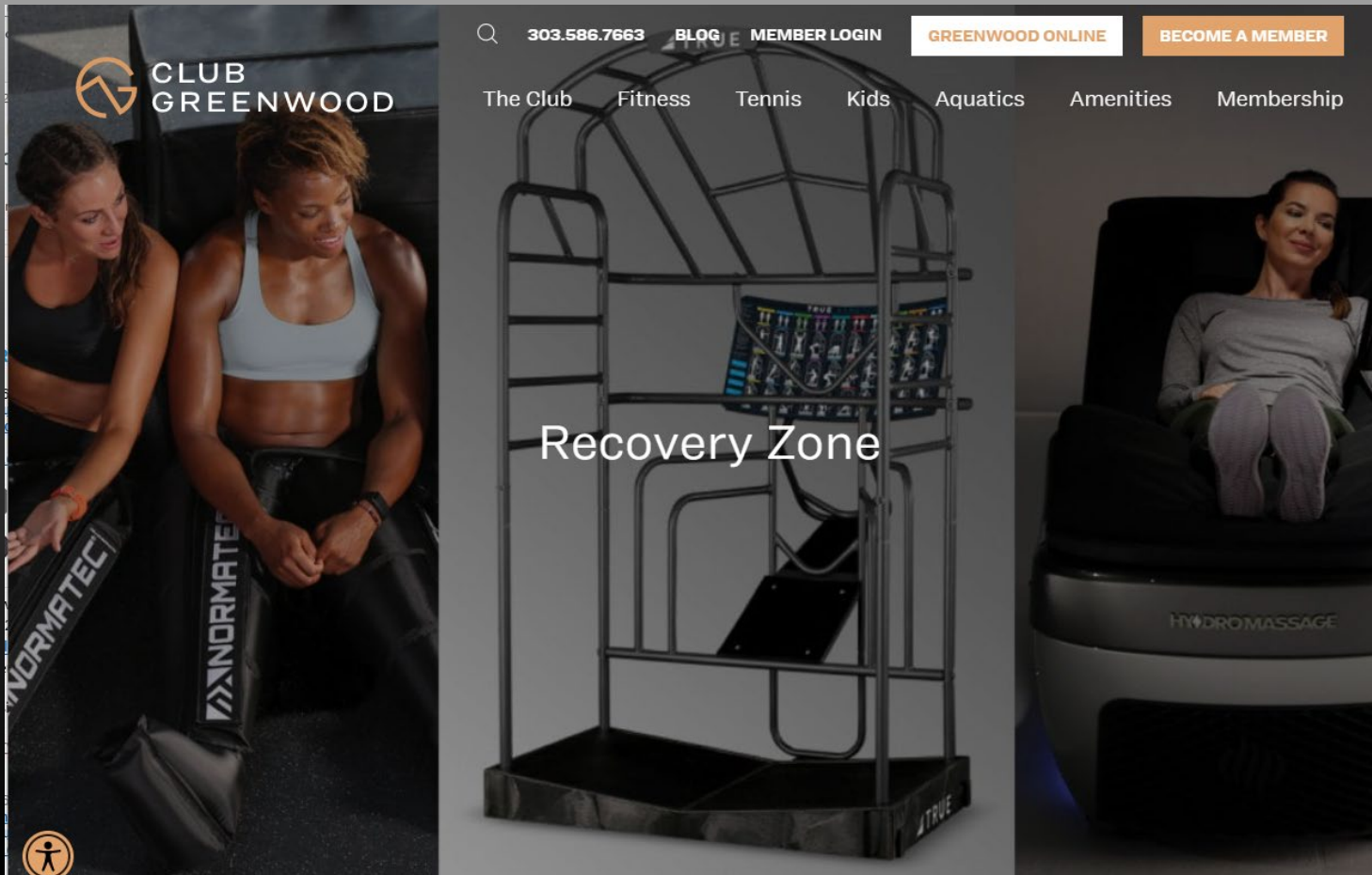


CLUB GREENWOOD – Recovery Zone



Club Greenwood

About the Recovery Zone - Club Greenwood





Gainesville Health & Fitness

[Chill by GHF - Gainesville Health & Fitness \(ghfc.com\)](http://ghfc.com)

(352) 377-4955

View as:

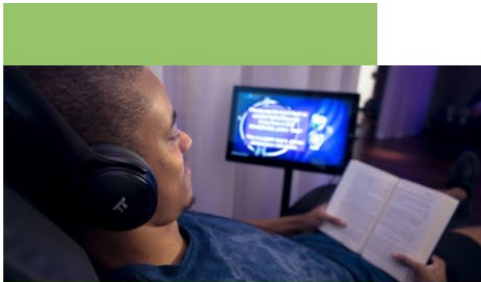
Guest

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.

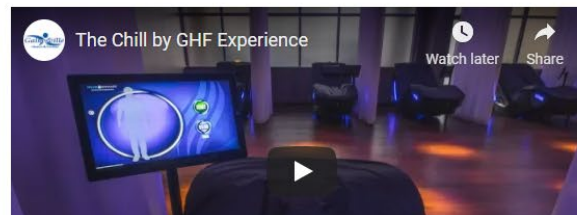
Each session is 10 minutes and will loosen up muscles, increase oxygen and blood flow into muscles, remove lactic acid buildup (which is what makes you sore), and deliver nutrients from your body to your muscles. You will walk out of the gym feeling like a new person.

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





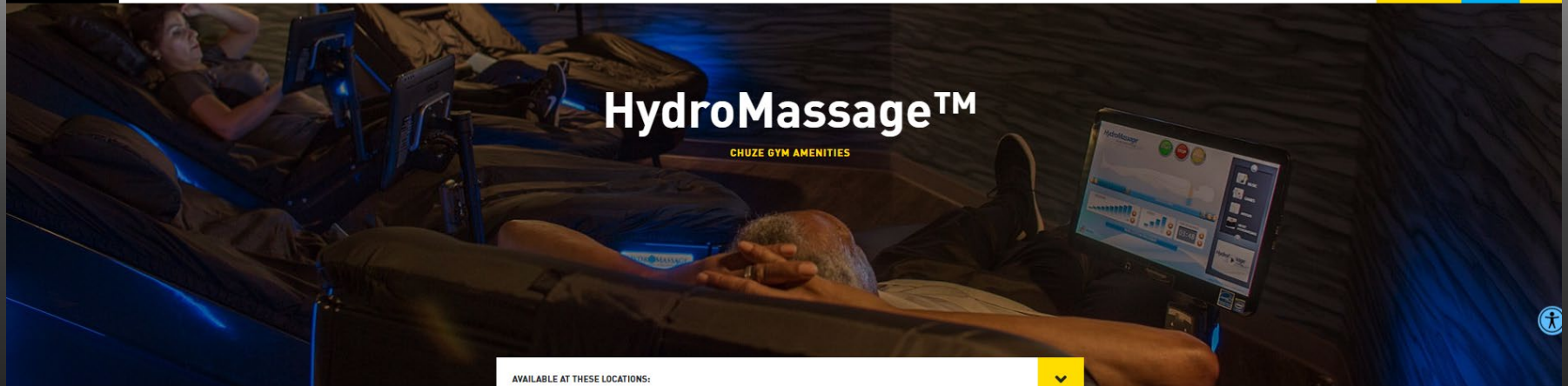
CHUZE FITNESS – HydroMassage



Chuze Fitness

HydroMassage™ | Chuze Fitness

CHUZE FITNESS AMENITIES ▾ LOCATIONS ▾ CLASSES ▾ ABOUT ▾ MEMBERSHIP ▾ CHUZE PEOPLE **ICHUZE FITNESS** (VIRTUAL MEMBERSHIP) **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 Ahhhhhhh begin. And after a great workout, nothing feels quite like a great massage. Enjoy one to the energy of your own body.



BRICK BODIES - HydroMassage



Brick Bodies Fitness

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

BB 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)

The screenshot shows the Denver Health & Fitness website. At the top left is the logo with the text "DENVER HEALTH & FITNESS 24/7" and the tagline "It's not only part of the way to wellness." To the right are navigation menus for "MEMBERSHIPS", "FITNESS", "TRAINING", and "WHY DHF". The main header features the word "HYDROMASSAGE" in large, stylized letters. Below this is the section title "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.

The image shows a person's feet resting on a HydroMassage foot deck. A television screen is mounted on the deck, displaying a person relaxing in a massage chair. The screen also shows the text "HYDROMASSAGE" and "Please use the foot deck to use the hydromassage".

The image shows a HydroMassage lounge chair, which is a large, padded chair with a footrest and a television screen. The chair is illuminated with blue light.

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



Franklin Health & Fitness

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

The screenshot shows the website's header with the Franklin Health & Fitness logo and navigation links: Home, Membership, Group Fitness, Personal Training, Programs, About Us, and Call/Text 828.369.5608. The main content area features a large image of a woman relaxing in a HydroMassage chair. To the right of the image is a form titled "Fill out the form below for a free Guest Pass". The form includes the text "Claim Your FREE 3-Day Guest Pass! (Includes HydroMassage!)" and fields for Name (First and Last), Email, and Phone. A blue "Submit" button is located below the form. A disclaimer at the bottom of the form states: "**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



Healthtrax

[HydroMassage | CT, RI, PA, MA, NC, NY Fitness | Healthtrax](#)

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



[VIRTUAL](#) [ABOUT](#) [AMENITIES](#) [CLASSES](#) [LOCATIONS](#) [MEMBERS](#) [MOBILE](#) [CONTACT US](#)



HYDROMASSAGE

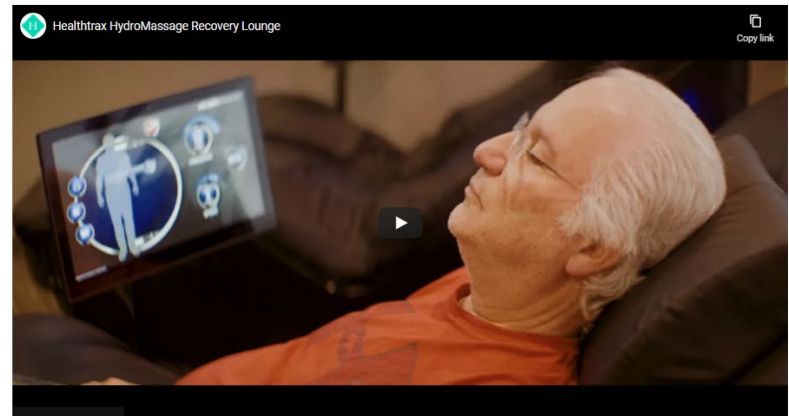
INNOVATION IN RELAXATION

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.





YMCA – Clark County

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

The screenshot shows the website's navigation and content for HydroMassage. At the top left is the YMCA logo with the tagline "FOR YOUTH DEVELOPMENT™ FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY". The main navigation bar includes: YOUTH & CHILD CARE, ADULT ACTIVITIES & CLASSES, LOCATIONS, ABOUT, MEMBERSHIP, and a search icon. Below this is a secondary navigation bar for the Clark County Family YMCA, with links for PROGRAMS & CLASSES, AMENITIES, RESERVATIONS, SCHEDULES, and REGISTER. On the left side, there is a "Support Our Y" dropdown menu. The main content area is titled "ABOUT HYDROMASSAGE®" and lists three bullet points: Ergonomic Design, More-focused Massage, and Open, Seated Design. Below the list is a link to "Learn more about HydroMassage®". The bottom half of the page features a photograph of three HydroMassage chairs in a treatment room. The chairs are black with blue accents and have small screens on the backrests. In the background, there is a piano and a poster that says "PEOPLE WHO".