



OTHER SERVICES

Community Support

It is our pleasure to serve our community. We offer discounts for local teachers, fire fighters and hospital employees. We care deeply to educate and support our guests to greater, more optimal levels of health. Visit our website or call 678.450.1570 for more information.

Corporate Group – Fitness Class

Corporate wellness programs result in decreased absenteeism, fewer sick days, lowered health insurance costs and increased employee performance and productivity. We bring a certified, experienced trainer with equipment to your office to give your employees a fun 30-minute workout tailored to the needs of your business. Call for information and we'll create a plan just for your team.

30 minute	1 Session	\$50
	8 Sessions	\$360

*Contact us for more information about our onsite chair massage events and wellness seminars.

In Home Training

If your schedule or privacy needs are limiting your fitness options, we'll come to your home or office when it's convenient for you. Please call our fitness concierge for more information.

60 minutes	\$100
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\$20 travel fee for package holders when service is provided at home.



SPA POLICIES

Reservations

We recommend calling as far in advance as possible to ensure availability. A credit card or gift certificate is required to reserve all spa services.

Gift Certificates

Gift Certificates may be redeemed for any service or retail product. Unused gift cards will expire after 12 months from the date of purchase.

Guest Cancellation

We request the courtesy of a 24-hour cancellation notice for all spa services. Cancellations of less than 24-hours will be charged 50% of the service value. Gift certificates will be reduced to half value. No-shows will be charged the full service value.

Spa Information

We suggest that you arrive 15 minutes prior to your scheduled appointment. If you are a first-time guest you will have some paperwork to fill out. Forms can also be accessed on our website.

Late Arrivals

We regret that late arrivals may not receive an extension of their scheduled service and will be responsible for the full service fee.

Cell Phones

Out of consideration for all of our guests we ask that all cell phones be muted. Our front desk staff will assist you if needed.

Spa prices are subject to change. Please sign up for our e-mail list or "Like" us on Facebook to receive news of our seasonal and monthly specials.



SPA FITNESS WELLNESS

The Spa on Green Street was founded in 2004 with a vision to provide the very finest in luxurious spa services, transformative fitness instruction, and cutting-edge wellness programs.

Set in the gracious surround of an elegant, historic, colonial-revival estate, our luxurious treatment rooms, posh fitness suites, and one-of-a-kind boutique offer the perfect destination spa experience in a day.

Relax in luxury and allow us to offer you the very finest of care.



FITNESS

WWW.SPAONGREENSTREET.COM
TWITTER.COM/SPAONGREEN
FACEBOOK.COM/THESPAONGREENSTREET



678.450.1570
WWW.SPAONGREENSTREET.COM
635 GREEN STREET NW, GAINESVILLE, GA 30501



FITNESS

The Spa on Green Street is Gainesville's premier fitness choice for those who desire safety and personal assistance in a boutique atmosphere.

We consistently deliver individualized solutions, quick results and personal attention. Our stress-free private suites, which are subtly infused with the soothing yet invigorating influence of aromatherapy, will keep you coming back.

We think fitness should be easy and inspiring. Our multi-modality advantage will add variety to your personal fitness plan, ensuring that you are never bored with exercise again!

How to get started:

Complimentary Fitness Consultation

This 15-minute consultation with our Fitness Director is the perfect first step to become acquainted with our facilities, diverse modalities, and customized options.

15 minutes Complimentary

Fitness Evaluation

A great way to get started!

The Fitness Evaluation will give you and your trainer a benchmark for your fitness program. It includes circumference measurements, blood pressure testing and body fat percentage analysis. This fully comprehensive evaluation comes as a complimentary component to all of our personal training packages.

60 minutes \$60 30 minutes \$35

Gift Certificates

Make someone's day with a gift certificate from The Spa on Green Street. Our Spa specialists can help you design the perfect gift.

PERSONAL TRAINING

Enjoy our luxurious, private training suites. Our multi-modality approach to fitness provides you with a unique one-on-one, partner, or semi-private experience in functional weight resistance training, Pilates, and yoga. All of our private training packages include our fully comprehensive Fitness Evaluation. There are no contracts at The Spa on Green Street. You simply sign up for what you need, although you do have the option to purchase a value-priced series.

Private – Held in our private suite with your trainer utilizing your individualized fitness program.

30 minute* 60 minute*

Partner Training – Held in our private suite with your trainer and one additional person, using a personalized plan. It's proven that having a fitness companion greatly increases your success rate.

30 minute* 60 minute*

Semi-Private – Three or more students. Organize your own group in any modality or join an existing one. These are held in our state-of-the-art Pilates studio, cardio theater or en-suite gym located in the spa. These sessions are purchased in 4 and 8 session packages.

30 minute* 60 minute*

*Prices and packages are customized for our clients and range from \$20 – \$80 per session. See our Fitness Director to customize a program that's just right for you!

Yoga

Successful yoga practice will enhance your stability; improve your balance, flexibility, and bone strength; leaving you stronger, healthier, and more energized with less stress. Putting safety first, we provide step-by-step personal guidance as well as all the equipment you need to attain ideal alignment: mats, blankets, blocks, straps, pillows and bolsters.

Pilates

Pilates is an efficient method of exercise with rapid, visible results. This vigorous full-body workout helps build strong yet flexible, long, lean muscles, and endurance. It is an ideal system for men or women, young or old, as it works the body evenly; no muscles are ever over or under-trained, preventing imbalance and injury. It is an innovative way to permanently reshape your body!

Your trainer will design a customized program for you with Joseph Pilates' classical method using the various Pilates apparatus, including the Reformer, MVe® Fitness Fusion Chair, Trapeze Table (aka "Half Cadillac"), Spine Corrector and Bosu® 3D.

Functional Strength Training

This system of physical fitness is perfect for those starting an exercise program after a period of inactivity, taking up a new sport, for new moms, or if you want your beach body back! We have a variety of unique tools and programs to keep you enthusiastic about your workouts on a regular basis. Our variety of high performance modalities under one roof, and in one fitness package, are uncommon in the boutique fitness industry.

Cardio Dance

Our extraordinary 30-minute, Fat Blasting Cardio Dance Workout (on the treadmill) will add some excitement into your daily routine. This is a personalized cardio coaching session utilizing creative dance and movement to increase your heart rate. Who knew exercise could be so fun!

We invite you to sign up on our mailing list at www.spaongreenstreet.com for information on fun seasonal trainings and small group personal training classes.

Group Yoga

Classes are held at Hawkstone Farm, our beautiful 58 acre estate 15 minutes north of The Spa on Green Street. See our website for directions. 209 W. Deerfield Lane, Dahlonega, GA 30533

90 minutes

1–Class Card: \$14 – 1 month expiration

5–Class Card: \$70 – 6 week expiration

10–Class Card: \$120 – 3 month expiration

16–Class Card: \$160 – 4 month expiration

How to end your work out...

Relax – The pursuit for health isn't always hard work. The opportunity to relax your mind and revitalize your spirit is here. How you decide to do it is up to you. Our concierge team will help you schedule these additional therapies and build a healthy life style plan just for you!

Massage – Proven to lessen muscle discomfort and shorten recovery time after your workout and between sessions.

Foot Treatment – The gateway to relaxation and detoxification for the whole body.

Far Infrared Sauna – Detox and soothe muscles in the most delightful way!

Beauty and natural healthcare products – Designed to help you stay on your program by promoting faster muscle recovery, pain relief and whole body hydration for quicker results.

FITNESS