

## Personal Fitness Training

★ Understand that your goals and progress are yours personally. Don't get caught up in wanting to be someone else. Your interest should be on building a better you. Know that each day you are coming closer to what you have envisioned. This is not a competition but a personal endeavor.

★ Core stabilization, proper posture, and neuro-muscular efficiency are truly the foundation in the development of a healthy, strong and functionally sound individual – whether it be in every day life or in your quest for athletic improvement.

★ Every individual will respond differently to various stimulation and programs. Be willing to experiment with a variety of routines to find what program is effective for you!

★ There are no “magic short cuts” – It takes a combination of consistency, hard work, rest, and proper diet. We will be there to help you with the motivation aspect!

### Individual Fees

1 session.....\$75  
6 sessions.....\$420 (70 each)  
12 sessions.....\$720 (60 each)

### The Partner Package

Work out with a friend and save money!  
6 sessions .....\$480 (40 per person per session)



### Swedish Relaxation Massage

Long gentle strokes are used for overall, complete relaxation and rejuvenation.

### Neuromuscular Massage

Generally a deeper massage, this method of bodywork influences the reflexive responses of the nervous system and its connection to muscular function. Applications of stretching and lengthening of the muscles are used.

30 min.....\$65 Pkg 4.....\$240 (60 each)  
60 min.....\$85 Pkg 4.....\$320 (80 each)  
90 min.....\$120 Pkg 4.....\$460 (115 each)

### Prenatal Massage

For those of you expecting!  
What an amazing time in your life...  
Special techniques and bodywork will leave you feeling relaxed and refreshed.  
Treat yourself and your baby!  
60 min.....\$95 Packages Available

### Hand and Foot Heaven

Relieve the stresses of your day with a session specifically tailored to your hands and feet! Great for arthritis, nervous tension and fatigue.  
30 min.....\$45 Pkg 4.....\$160 (40 each)

(All packages are per individual)



### Body Contour Wrap

This treatment works with your lymphatic system to rid the body of toxins and waste, and reduce the appearance of cellulite.

This is not a water loss wrap – no sweating involved!  
Desired results achieved best with a series of treatments.

Service includes 2 of the following: hand, foot *or* scalp massage.  
60 min.....\$95 Pkg 8 .....\$720 (90 each)

### GX-99 Cellulite Reduction

Increase the movement of lymph with this Vigorous, vibratory-massage. Treatments help detoxify the body, and reduce cellulite. Helps fight infection and increase immunity to disease.  
Best results seen when done in a series!  
75 min.....\$110 Pkg 8.....\$840 (105 each)

### Ear Candling

Remove impacted wax and yeast from the inner ear. People often report this procedure has helped relieve sinus and allergy problems, itching, head colds and swimmers ear. Many children have also experienced relief from re-occurring ear infections.  
\$45 (includes 2 candles)  
\$10 per additional candle needed

### Headache Buster

Cranial massage to relieve stress and tension.  
45 minutes.....\$50

### Body Composition Analysis

Body Fat %, Basal Metabolic Rate, and Hydration are some of the things measured in this analysis. Assess your current health, risk for serious preventable disease, and provide additional information about changes in body-fat over time.

\$35

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*"We want everyone to be in  
Mint Condition!"*

★ **Mint Condition, LLC** is a private studio offering personal training, massage therapy and other wellness services. With over 20 years combined experience in the health and wellness industry, Steven and Leanne King offer their knowledge and expertise to help others achieve optimal health and improve overall well-being.

Steven for Training: 480-239-1732

Leanne for Massage: 480-231-9197

Mint Condition is also home to several other professionals with the same goal in mind:

★ **T.E.A.M. Approach, LLC** - Kathy and Andrew Panagopoulos provide a combination of physical therapy, athletic training, massage therapy and personal training to help people reach optimal health and wellness. Call (602) 363-2285 for more information or to schedule an appointment.

★ **Professional Therapeutic Massage** - Donna Nabower is a licensed massage therapist specializing in hot stone therapy and spa treatments such as the moor mud wrap and salt glow body polishing. Call (602) 616-8819 for more information or to schedule an appointment.



- ★ Gift Certificates available for any service or dollar amount.
- ★ Appointments need to be scheduled in advance to get on a regular program and assure a time that works best for you!
- ★ Hours: by appointment only.
- ★ All massage packages are pre-paid in full, on an individual basis, to be redeemed within 6 months of purchase date.
- ★ All training packages are pre-paid in full, on an individual basis, to be redeemed within 3 months of purchase date.
- ★ New clients must provide current credit card information for booking an appointment.
- ★ A 6-hour notice is requested for all cancellations. Failure to do so will result in a full or partial charge of the services scheduled.
- ★ Cash, check, MasterCard or Visa are accepted as forms of payment.
- ★ There is a \$25 fee for any returned check.



Located in the McDowell Mountain Business Park  
1 block south of Bell Road at 92nd Street



*Fitness*

*Massage*

*Wellness*

Mint Condition, LLC  
9170 E. Bahia Drive Suite 109  
Scottsdale, AZ 85260

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