

**PERSONAL TRAINING**

\$95 - \$120 per hour

We are committed to helping you get results. Whether you want to lose weight, play better golf, rehabilitate an injury, stretch or just get in better shape, Personal Training is the way to go.

**PRIVATE YOGA**

\$95 - \$120 per hour

Bring balance and harmony to life... connect the mind and body to explore and challenge your own strength, flexibility and balance of self.

**GROUP TRAINING AVAILABLE UPON REQUEST**

Please contact the spa for more details.

**RESERVATIONS**

While we will make every effort to accommodate same day appointments, we encourage guests to schedule appointments 24 hours in advance to ensure that their treatment and therapist preferences are available. A credit card is required to secure your spa and fitness services.

**CANCELLATION POLICY**

We require 24 hours notice when you are unable to keep your scheduled appointment. Failure to maintain the cancellation policy will result in a full charge for the treatments.

**AGE REQUIREMENTS**

Guests must be at least 16 to participate in spa treatments and access locker room, and fitness areas. Private fitness sessions are available for those under 16.

**SERVICE CHARGE**

For your convenience a 20% service charge will be included on your service bill. Additional gratuities may be offered at your discretion.

\*Prices and services are subject to change.

**VALUABLES**

Hyde Spa will not assume any liability for lost or stolen valuables.

**SPA HOURS OF OPERATIONS**

Monday to Friday 8:00am - 8:00pm

Saturday and Sunday 10:00am - 5:00pm