

Richard Clancy T/a Body Control

2010 Price List

SPORTS INJURIES

| <i>AREA</i> | <i>TIME</i> | <i>AOM H&F MEMBERS</i> | <i>STANDARD FEE</i> |
|----------------------|-------------|----------------------------|---------------------|
| Initial Consultation | 1 Hour | £25 | £30 |
| Per Visit Thereafter | ½ Hour | £20 | £25 |

Both above include ultrasound (if required) and sports massage.

SPORTS MASSAGE

| | | | |
|-------------------------------|--------|-----|-----|
| Full Sports Massage | 1 Hour | £25 | £30 |
| Legs Massage | ½ Hour | £20 | £25 |
| Full Back Massage | ½ Hour | £20 | £25 |
| Upper Back/Neck/ Shoulders | ½ Hour | £20 | £25 |
| Lower Back | ½ Hour | £20 | £25 |

SWEDISH MASSAGE

| | | | |
|----------------------|--------|-----|-----|
| Full Relaxing Body | 1 Hour | £25 | £30 |
| Full Back/Shoulder | ½ Hour | £20 | £25 |
| Full Back Massage | ½ Hour | £20 | £25 |
| Relaxing Leg Massage | ½ Hour | £20 | £25 |

PERSONAL TRAINING SESSIONS FROM £25

For Enquiries & Appointments

Contact Richard Clancy on:

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www.aomfitness.co.uk