

FITNESS · RECOVERY · VITALITY

EXCLUSIVE FRIENDS & FAMILY OFFERS

TACOMA'S ONLY BOUTIQUE FITNESS, RECOVERY & BODYWORK CLUB

Redefining Wellness. Rooted in Fitness. — We bring a comprehensive range of fitness and wellness services under one roof. Present any offer below to redeem. One per visit, new clients only where indicated.

\$15 VALUE — COMPLIMENTARY

Complimentary Day Pass

EXECUTIVE FITNESS CENTER

Experience our well-appointed 24/7 Fitness Center — premium equipment and pristine cleanliness. Join a community committed to elevating your fitness journey.

- ♦ Full access to all fitness equipment
- ♦ Complimentary towel service included
- ♦ Free parking with every visit

Valid for new guests. Limit one per person.

\$125 VALUE

\$59 Intro to Wellness Package

DISCOVER OUR BEST — BIG SAVINGS

Bundle our most popular recovery services and experience the Grit City difference at an incredible introductory price.

- ♦ Whole Body Cryotherapy
- ♦ Infrared Sauna Session
- ♦ Somadome Meditation Pod
- ♦ Normatec Compression Therapy

First-time recovery package guests only. Cannot be combined.

15% OFF

15% Off Any Bodywork Treatment

HEAL · RESTORE · REJUVENATE

Ancient techniques paired with modern science — our skilled practitioners address your unique needs, from pain relief to stress reduction and overall wellness.

- ✦ Therapeutic Massage & Deep Tissue
- ✦ Reiki & Somatic Breathwork
- ✦ Endospheres Body Therapy
- ✦ Ashiatsu, Cupping & Targeted Bodywork

Valid on single session bookings. Cannot be combined with other offers.

COMPLIMENTARY

GLP-1 & Peptides Health Assessment

WEIGHT LOSS & LONGEVITY

Curious about GLP-1 or peptide protocols? Explore your options for weight loss and longevity — safely and effectively. Our team helps you discover if these cutting-edge therapies are right for your goals.

- ✦ Medical director oversight
- ✦ Personalized weight loss & longevity protocols
- ✦ Medication delivered directly to you
- ✦ Ongoing coaching & support included

Complimentary assessment for new patients. Subject to availability.

GRIT CITY WELLNESS

www.gritcitywellness.com · (253) 507-5254 · 5005 Main St, Suite #119, Tacoma, WA 98407

Mon – Fri: 10am – 7pm | Sat – Sun: 10am – 3pm