



# Massage Therapy Yoga and Pilates Structural Integration Esthetics



**A New Concept  
In Wellness, Fitness,  
and Beauty**

Phone: 205-533-9421  
Web site: <http://www.balancedyou.com>

## Yoga Class Schedule

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
				6:30 am	Yoga						
8:30 am	Pilates	8:30 am	Core Body	8:30 am	Pilates	8:30 am	Core Body	8:30 am	Pilates	9:00 am	Yoga
		9:30 am	Yoga	9:30 am	Yoga	9:30 am	Yoga				
				10:30 am	Chair Yoga						
		12:15 pm	Total Body			12:15 pm	Total Body				
4:30 pm	Yoga					4:30 pm	Yoga				
		5:00 pm	Tone & Sculpt	5:00 pm	Pilates						
5:30 pm	Abs & Stretch										
6:00 pm	Yoga	6:00 pm	Yoga	6:00 pm	Yoga	6:00 pm on Reserved for special groups					

## NEW CONCEPT

We are a group of like-minded independent service providers come together to offer you health, fitness and beauty in a single location.

The location provides massage therapy, structural integration, yoga, Pilates, and esthetics by independent small business owners with a single payout option for your convenience.

Visit our location or call to schedule your appointment. Drop in for a yoga or Pilates class at a time convenient for you.

### **A Balanced You Massage Studio**

Massage and Body Treatments  
Owner: Willie Hafer-Allen  
Phone: 205-533-8421  
<http://www.message4u2.com>

### **PH Fitness Studio**

Yoga, Pilates, Personal Training  
Owner: Pam Hales  
Phone: 205-533-9421 or 205-807-8355  
<http://www.phbalancedfitness.com>

### **The Alabama Rolf Method**

Structural Integration  
Owner: Toni Hogue  
Phone: 205-572-2050  
<http://www.thealabamarolfmethod.com>

### **About Faces**

Esthetics  
Owner: Amy Griggs  
Phone: 205-533-9421  
<http://www.amydoesskin.skincaretherapy.net>

## A Balanced You Massage Studio Services and Rates

### No Nonsense Approach to Massage

We will work with you to achieve the best results based on your desired outcome of your massage.

We do not offer "Swedish" or "Deep Tissue" or "NMT" massage sessions. We offer massage sessions integrating all techniques unless you request otherwise. We believe you will benefit most by utilizing our entire toolbox.

### Massage Services and Rates

Our massage sessions utilize techniques from "Swedish", "Deep Tissue", "NMT", and stretching as required to achieve the outcome you indicate during your intake interview prior to each session.

#### 30 Minute General Massage

Your session will be 25 - 30 minutes in length

*Add-on face and neck or Tired Foot:* \$45.00  
*Add-on foot and hand :* \$30.00  
*Add-on foot and hand :* \$50.00

#### 60 Minute General Massage

Your session will be 55 - 60 minutes in length with add-ons extra 30 minutes

*Add-on face and neck or Tired Foot:* \$75.00  
*Add-on foot and hand :* \$30.00  
*Add-on foot and hand :* \$50.00

#### 90 Minute General Massage

Your session will be 85 - 90 minutes in length with add-ons extra

*Add-on face and neck or Tired Foot:* \$100.00  
*Add-on foot and hand :* \$30.00  
*Add-on foot and hand :* \$50.00

#### Couples Massage 60 Minute

Your session will be 55 - 60 minutes in length

\$160.00

#### Couples Massage 90 Minute

Your session will be 85 - 90 minutes in length.

\$220.00

#### Thai Yoga Massage

Thai Massage is more energizing and rigorous than classic forms of massage. Session is performed on a mat designed for Thai yoga massage. Approximately 60 - 75 minutes

## A Balanced You Massage Studio Services and Rates Continued

#### Pre Natal and Post Natal Massage

Pregnancy massage is specifically tailored for the expectant mothers needs. It is also called pre-natal massage. It has been found to reduce stress, decrease swelling in the arms and legs, and relieve aches and pains in muscles and joints.

Session is 75 - 90 minutes

\$100.00

#### Full Body Hot Stone Massage

Session is approximately 90 minutes

\$125.00

#### Face and Neck Massage

Massage designed specifically for relaxing and toning the muscles in the jaw, face and upper shoulders and neck. Approximately 45 minutes

\$50.00

#### Tired Foot Massage

Wonderfully relaxing, therapeutic massage for the feet and it affects the entire body. We utilize reflexology points in the feet for complete relaxation. Approximately 30 minutes

\$40.00

#### Foot and Hand Massage

Application of reflexology along with massage for the feet and hands and a skin treatment to smooth and soften

Approximately 50 minutes

\$70.00

#### Massage for Pain Management/Medical

Utilizes specific techniques to increase motion and release areas causing acute and chronic pain. Orthopedic, Myo-skeletal and Sports techniques used.

#### 60 Minute Session

Your session will be 55 - 60 minutes in length.

\$90.00

#### 90 Minute Session

Your session will be 85 - 90 minutes in length.

\$115.00

**Body Wraps  
Coming soon**

## Structural Integration

### The Alabama Rolif Method

Toni Hogue

Structural Integration consists of 10 sessions designed to treat the entire body. You may sign up for a single session or multiple sessions. Each session lasts 75 - 90 minutes.

Single Session

\$110.00

10 Sessions

Discount when paid in advance

## Esthetics

### About Faces

Amy Griggs, Esthetician

Facials, waxing, peels, and other esthetic treatments to be provided for by licensed esthetician. Call for details, 205-533-9421

## Yoga, Pilates

### PH Balanced Fitness

Pam Hales

According to Timothy McCall, MD, the medical editor of *Yoga Journal*, yoga can enable patients to do the following.

- Strengthen weak muscles
- Increase flexibility
- Improve oxygenation to body tissue
- Shift the balance of the autonomic nervous system from the sympathetic "fight or flight" response to the parasympathetic "rest and digest" state

Single Class

\$10.00

10 Classes

\$80.00

20 Classes

\$140.00

Class Schedules subject to change.

Please call:

205-807-8355 or 205-533-9421

Phales55@aol.com

Pam Hales

**Class Schedule on Back**