

MASSAGE THERAPY

Swedish Massage: Swedish massage is what everyone knows as a traditional massage. It refers to a variety of techniques specifically designed to relax muscles and bones while rubbing in the same direction as the flow of blood returning to the heart.

Esalen Massage: Esalen massage is a style of massage that incorporates deep gliding strokes, stretching, mobilization on the table with some aspects of Swedish Massage. What makes an Esalen massage so unique is the long connecting strokes—the body is worked as a whole, not in segments.

Prenatal Massage: Prenatal Massage is a form of massage that is geared to meet the unique needs of the pregnant woman. Promoting better function of muscles and joints, prenatal massage also improves circulation and overall body tone, while decreasing mental and physical fatigue.

Prices for sessions as listed above:

Member	\$30 (half hr.)
Member	\$45 (hr.)
Member	\$80 (90 min.)
Nonmember	\$40 (half hr.)
Nonmember	\$55 (hr.)
Nonmember	\$90 (90 min.)

Reflexology: Foot reflexology is a science founded on the basis that areas of the feet are comprised of zones and reflex areas that correspond to all glands, organs, and bodily systems.

Member	\$45 (hr.)
Nonmember	\$55 (hr.)

Hot Stone Massage Therapy: Heated Stones are applied to large muscle areas allowing tension, knots and trigger points to be released. Heated stones are then used in a full body massage.

Member	\$65 (75 min.)
Nonmember	\$75 (75 min.)

POLICIES

There are NO CONTRACTS to be signed at BellaMorphosis Women's Health Club. You choose your payment option at the time of enrollment and may change at any time.

There are no enrollment fees or hidden charges! Membership includes all that is stated in this brochure with no extra charges. Member prices for Massage Therapy and Personal Training apply as long as you have an active membership at the time services are received.

Membership fees are due on the one, six or twelve month anniversary of your enrollment date—based on the type of membership you choose.

Gift Certificates are available for memberships, Massage Therapy and Personal Training. They are valid one year from the date of purchase.

Childcare is free to all active members. You must read and sign that you understand all the rules regarding our childcare room before using it.

PRICES

One Month Membership	\$25
Buy 5 months, get one free!	
> 6 Month Membership	\$125
Buy 10 months, get two free!	
> 12 Month Membership	\$250

Massage Package

Buy 4 one-hour sessions, get one free!	
Member package price	\$180
Nonmember package price	\$220



Not your typical gym!

Women from around the world have undergone “beautiful transformations” since BellaMorphosis Women's Health Club opened its doors in 2001.

Bella was designed with you in mind. The ladies of Seymour Johnson Air Force Base requested a women's fitness facility and we delivered.

We provide a friendly environment where you can leave your inhibitions at the door—work out, relax and unwind to your heart's content.

Our all female staff is ready and willing to help you meet your fitness goals. Please stop by and see for yourself. We welcome all questions and comments.

Hours of operation

Monday–Thursday	5 a.m. to 8 p.m.
Friday	5 a.m. to 6 p.m.
Saturday	7:30 a.m. to Noon
Sunday	Closed

919.722.0413

BellaMorphosis Women's Health Club
1410 Langley Avenue
Seymour Johnson AFB, NC 27531

4th www.sjfs.com
Force Support
SQUADRON SJAFB



AMENITIES

Cardio Equipment: Summit and Elliptical trainers, treadmills, StepMills, stair climbers, recumbent and upright bikes

Nautilus Equipment: Leg press/hamstring curl, bicep/tricep, abductor/adductor, ab/back, shoulder, lat/row, chest press/butterfly press, Gravitron, thruster, hyperextension bench

Free Weight Room: Smith machine, flat benches, decline press bench, cable pull, decline sit up bench, incline benches, dumbbell weights from one to 50 lbs., Olympic free weight bars, plates, and more

Classes: We provide everything you need for all classes including yoga sticky mats, body bars, stability balls, dumbbells, tubes, bands, ankle weights, powercut system, BOSU and gliders.

Locker Room: Showers and free use of lockers. We also supply shampoo, conditioner, body wash and all the other necessities you need to freshen up for the day!

Sauna: Relax and unwind in our beautiful 100 square foot sauna.

Childcare: Our childcare room is available to members free of charge!

CLASSES

All aerobic and toning classes are offered free of charge to Bellamorphosis members. With more than 70 classes being offered, we're sure there is one to suit you! Printed monthly calendars are available onsite or you may find them online at www.sjfss.com.

Our classes are taught by certified instructors or personal trainers. Staying up to date with the latest in fitness trends, we bring you fun, exciting and challenging classes to help you meet your fitness goals.

CIRCUIT TRAINING

Helping you fit a great workout into a busy schedule is what our half hour circuit is all about! The clock runs all day so you can work out at your convenience. Using Nautilus machines, you'll spend one minute working each muscle group and 15 seconds at the end of each minute preparing for the next exercise. As an added benefit, our weighted Nautilus equipment allows you to challenge your muscles continuously and not plateau as you work out.

SEMINARS

Trying to keep you motivated and knowledgeable about your fitness programs and overall health, we offer monthly seminars that are free of charge to members. Topics have included cooking light, nutrition, skin care, stress management, self-defense, fit pregnancy and more.

MOTIVATIONAL PROGRAMS

Need more than just a membership to get you into the gym? Bella offers quarterly motivational programs to get you going. Take the challenge and work yourself fit!

We host celebrations at the end of each challenge. Past events have included "Vegas Night," a summer luau at the Olympic Pool and our holiday gathering where you are recognized and rewarded for your hard work.



PERSONAL TRAINING

All new clients receive one complimentary half hour personal trainer session. At this session, you and your personal trainer discuss your goals, take your measurements and assess your body fat percentage and body mass index (BMI). Subsequent sessions are available in half hour and one hour increments and are scheduled at your convenience.

Our trainers are certified and experienced! Working with a personal trainer (even just once a week or month) can put you on the right track toward your fitness goals!

Member	\$15 (half hr.)
Member	\$25 (hr.)
Nonmember	\$20 (half hr.)
Nonmembers	\$35 (hr.)

Sometimes, working out with a friend will keep you more motivated and on track!

Workout Buddy Sessions for Members Only:

2 people	\$15/each (hr.)
3 people	\$15/each (90 min.)

REWARDS FOR VOLUNTEERS

We need you! Volunteer your time in our childcare room and earn a free membership or discounts!

Volunteer 2 hours a week, every week and your membership is FREE!

Volunteer 1 hour a week, every week, and your membership is \$10 per month!

Volunteer 2 hours every month and your membership is only \$15 per month!

Want more information on our volunteer program? Please give us a call!