



Massage Therapy & Fitness Coaching

**Red Mountain Center
Enhanced Services**

Enhanced services are available
at an additional cost,
and are not included in
membership fees.



Please inquire at the front desk,
or call for more information:
480-644-4800.

Massage Therapy

About Tara:

Tara is a certified massage therapist, and has been practicing massage for over three years. Tara also has been teaching yoga for five years. Yoga and massage have changed Tara's life.

After having a serious accident resulting in physical limitations, Tara decided to try yoga. Yoga has enabled Tara to live a life of enjoyment.

Swedish Massage - 60 mins: \$45

Traditional massage techniques are used for relaxation and stress-relief. Soreness will be relieved and tension released for an overall sense of well-being.

Deep Tissue Massage - 60 mins: \$55

A more therapeutic and intense massage that uses deeper pressure to access muscular layers. Beneficial for those who prefer specific deep bodywork.

For appointments please contact:

Licensed Massage Therapist:

Tara Edlund, 602-739-0373

Fitness Coaching

Coaching sessions are by appointment only.

For appointments please contact Certified Personal Trainers directly. Additional times may be available by request.

Individual Sessions: *(First session includes fitness consultation)*

- \$40 for one 55 minute session.

Two-Person Sessions: *(First session includes fitness consultation)*

- \$58 for one 55 minute session.

- **Deb McCaffrey:** 480-252-2986 (available Thursday's 7:00-11:00a) Deb is an ISSA certified personal trainer who brings seven years of group fitness experience, and over three years of personal trainer experience to the RMC. Deb has auditioned for the American Gladiator TV show, and has been a top 10 finalist in the National Physique bodybuilding competition.
- **Kiyomi Tiffany:** 480-221-2163 (available Monday's 9:30-11:30a) Kiyomi is a certified personal trainer and a biggest loser instructor who has been teaching for 5 years. Kiyomi is also certified in Iyengar Yoga, Pilates, aerobics, senior fitness and step. Deb also has experience teaching boot camp, cross fit, kickboxing and all of the aforementioned fitness and wellness programs.
- **Donna T.:** 480-251-8668 (available 6 days a week, times vary) Donna is a certified personal trainer and has 20 years of experience teaching fitness classes including yoga, Zumba, weight lifting and Silver Sneakers. Donna puts great emphasis on individual client needs, goal setting and goal accomplishment. Donna specializes in older adults as well as clients who want to gain muscle and lose weight.
- **Kathy Starkey:** 312-622-4882 (available Monday, Wednesday, Thursday & Friday 7:00a-6:00p, Tuesday 12:00-6:00p, Saturday 8:00a-12:00p) Kathy brings over nine years of experience as an ISSA certified personal trainer and small group/boot camp instructor. She enjoys hiking and running, and has completed eight Chicago marathons. Her training specializations include weight loss, lean/toned, general fitness, senior fitness and post-rehabilitation. Kathy enjoys inspiring others to develop and maintain healthy lifestyles and helping others reach their fitness goals through sound nutrition and fitness programs.