



Trial Pack

Membership	What it includes	Price	Terms
TRC Trial Pack	Access to all classes - Fitness, Yoga & Martial Arts. One (1) complimentary cold plunge & sauna session. Our trial pack comes with 15% off services* and Canteen by TRC.	\$48	10-day validity

Physical Wellness Memberships

Membership	What it includes	Price	Terms
Unlimited All Access	Monthly unlimited access to all our classes - fitness, yoga and martial arts. We have a total of 14 class types to choose from.	\$304	20% off. Applicable to 1 month memberships only.
Unlimited Martial Arts (Muay Thai, Brazillian Jiu-Jitsu & Wrestling)	Monthly unlimited membership which will give you access to all our martial arts classes which includes: Muay Thai, Brazilian jiu-jitsu and wrestling.	\$272	20% off. Applicable to 1 month memberships only.

The unlimited memberships also comes with 4 cold plunge & sauna sessions monthly, unlimited open gym, 15% off services and Canteen by TRC.*

**Prices stated are all after 20% Discount*

**Does not apply to physiotherapy, mental wellbeing 5-pack, personal training, and intro sessions.*

Class Packs

Shareable up to 3 pax

Membership	What it includes	Price	Terms
10 class pack	Valid on either our martial arts or movement classes. Our class packs also come with 15% off services* and Canteen by TRC.	\$316	Valid for 2 months
20 class pack	Valid on either our martial arts or movement classes. Our class packs also come with 15% off services* and Canteen by TRC.	\$507	Valid for 4 months
50 class pack	Valid on either our martial arts or movement classes. Our class packs also come with 15% off services* and Canteen by TRC.	\$1,260	Valid for 8 months

**Does not apply to physiotherapy, mental wellbeing 5-pack, personal training, and intro sessions.*

Consultations & Recovery

Services	Price	Terms
Consults - Mental Wellbeing At TRC, your mental health is our priority and just as important for your overall wellbeing. Schedule a private session with the in-house therapist.	\$180	20% off. Applicable on individual sessions only
Unlimited Recovery One month of unlimited access to our recovery services - cold plunge & sauna, infrared sauna.	\$232	20% off. Applicable to 1 month memberships only
Recovery - Cold plunge & Sauna <i>Enjoy a 45-min session in the private sauna and cold plunge pool.</i>		
Cold plunge & Sauna - 1 session	\$60	-
Cold plunge & Sauna - 4 sessions	\$204	Valid for 1 month
Cold plunge & Sauna - 8 sessions	\$384	Valid for 2 months
Recovery - Infrared Sauna <i>Rejuvenate and recover with electromagnetic radiation from infrared lamps that will gently warm your body allowing you to reap similar health benefits as a traditional sauna but at a lower temperature</i>		
Infrared Sauna - 1 session	\$52	-
Infrared Sauna - 4 sessions	\$192	Valid for 1 month
Infrared Sauna - 8 sessions	\$340	Valid for 2 months

**Prices stated are all after 20% Discount*



Ready to start your wellness journey?



Say hi!

Go on down, flash this eDM to TRC's friendly club crew and they'll help you get sorted out!

Or, do it online!

Alternatively, you can set up a profile onmindbody and redeem your perks online with the promo code **TRCXPRU** when you checkout to purchase the memberships



More questions?
Contact Trapeze at hello@trapezerec.club