

# THE BARNs

## AT TROUTBECK

### SERVICES

The wellness spaces at the Barns are open to Guests and Members with a full range of amenities and services available by appointment. Daily classes take place in our 1,250 sq ft Tall Barn, and in the warmer months, in our open air Pole Barn. The reception, treatment rooms, changing rooms and saunas can be found in the Long Barn.

The fitness center, saunas, massage therapy sessions and daily classes all require reservations.

#### HOURS OF OPERATION

6am - 10pm

\*A human presence at the Long Barn reception: 8am - 12pm & 1 - 6pm  
7 days per week.

For our daily class schedule with pricing, please see our Barns monthly calendar.

#### FOR RESERVATIONS:

[thebarns@troutbeck.com](mailto:thebarns@troutbeck.com)  
or (845) 789-1567

#### CANCELLATION POLICY

If treatment/session is cancelled within 7 days of appointment, 25% refund offered. Refund void if cancelled within 48hrs



The Barns is an adult-only space, 18 and up.

	DURATION	MEMBER	GUEST
<b>ACUPUNCTURE</b>			
Regular Acupuncture	60 mins	\$205.00	\$230.00
Gua Sha + Facial Acupuncture + Celluma Light	90 mins	\$325.00	\$350.00
<b>MASSAGE THERAPY*</b>			
Massage	60 mins	\$180.00	\$200.00
Massage	90 mins	\$270.00	\$300.00
In Room	60 mins	N/A	\$250.00
In Room	90 mins	N/A	\$350.00
<b>YOGA</b>			
Private (1-2 adults)	60 mins	\$225.00	\$250.00
Group (max 16 adults)	60 mins	\$320.00	\$350.00
<b>MEDITATION</b>			
Meditation (1-2 adults)	60 mins	\$225.00	\$250.00
Group (max 16 adults)	60 mins	\$320.00	\$350.00
<b>PILATES MAT</b>			
Pilates (1-2 adults)	60 mins	\$225.00	\$250.00
Group (max 16 adults)	60 mins	\$320.00	\$350.00
<b>SOMATIC EXPERIENCING</b>			
Somatic Experiencing® private session with Sandrine Harris	60 mins	\$245.00	\$275.00
<b>KINESOMA</b>			
Kinesoma with Sandrine Harris (1-2 adults)	60 mins	\$225.00	\$250.00
Group (max 16 adults)	60 mins	\$320.00	\$350.00
<b>TENNIS INSTRUCTION</b>			
Individual or Couple	60 mins	\$140.00	\$165.00
Group (max 8 people)	60 mins	\$200.00	\$225.00
Individual or Couple	90 mins	\$200.00	\$225.00
Group (max 8 people)	90 mins	\$275.00	\$300.00
<b>INFRARED SAUNA</b>			
Quick Heat	25 mins	\$35.00	\$40.00
Full Heat	50 mins	\$60.00	\$70.00
<b>ASTROLOGY</b>			
Soul Pattern Session	60 mins	\$245.00	\$275.00
Cosmic Connections: Relationship Readings (total for 2 people)	60 mins	\$245.00	\$275.00
Family Astrology (for 3 - 4 people total)	90 mins	\$335.00	\$375.00
<b>PERSONAL TRAINING</b>			
	50 mins	\$125.00	\$150.00

\*For your convenience, a 20% service charge is added to all massage therapy sessions, for the