

New Self Day Passes



Member Benefits

- Day Passes are valid for a full day during business hours. Purchase at front desk.
- Childcare is limited to 2 hours and 45 minutes per day with purchase of 1 Adult with Children Day Pass
- 10% discount on lunch, bakery items and coffee in our beautiful café
- Open use of the fitness equipment and exercise classes
- Swedish showers and towel service
- ½ price on Retreat Room use
- Special member pricing on spa services and fitness services
- See newselfrenewal.com for more details!

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ALL New Self fitness classes are now FREE to members!

We would also like to remind non-members that all of our fitness classes are open to the general public with the purchase of a Day Pass.

Become a New Self Member for a day with one of our Day Pass options!

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Single Day Pass

1 Adult

(Cost \$13)

Day Pass includes full access to New Self as a Member for the day, including member pricing on spa services and café fare.

1 Adult with Children

(Cost \$20)

Day Pass includes 2 hours and 45 minutes of childcare, full access to New Self as a Member for the day, including member pricing on spa services and café fare.

6-day Day Pass Package

1 Adult (Cost: \$60) – SAVE \$18!

1 Adult with Children (Cost: \$90) – SAVE \$30!



Café ■ Fitness ■ Spa Services ■ Childcare

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