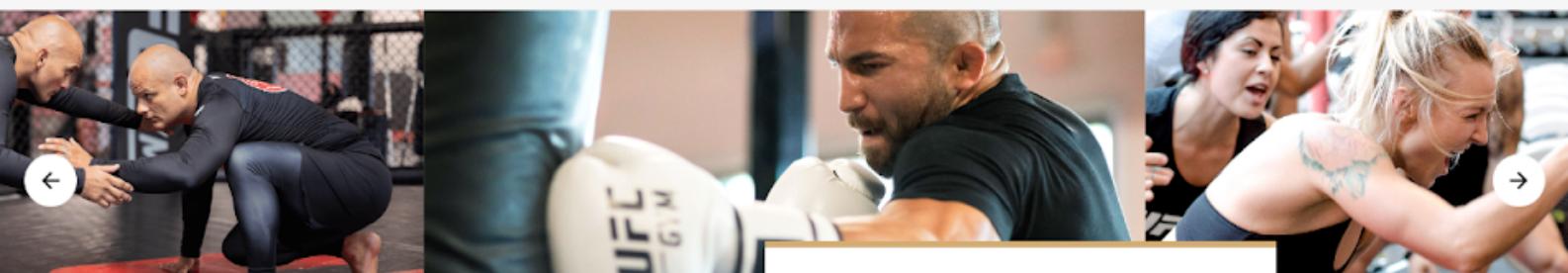
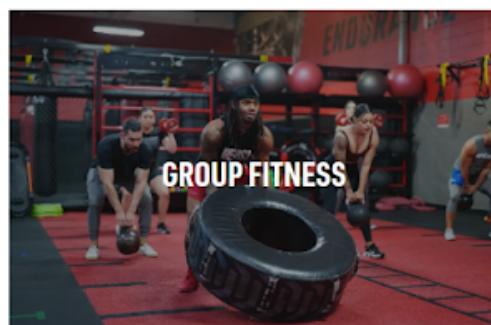
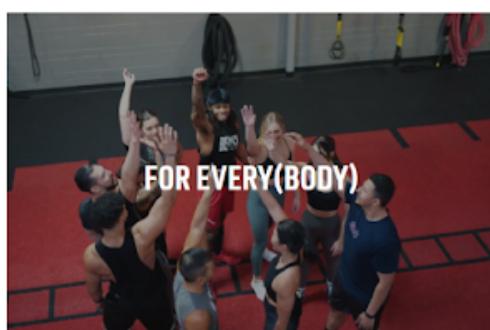


## Learn more about a class

Search for classes...

Try searching "mma" or "yoga"



**TRAIN FOR FREE TODAY**

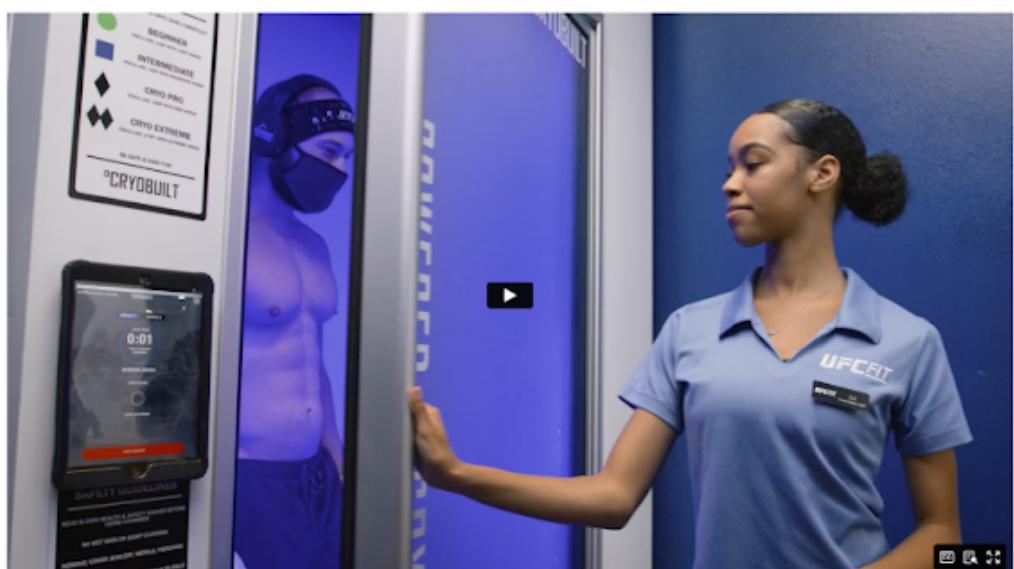
[FREE PASS](#)

## **RECOVERY**

UFC GYM Recovery specializes in restoring your body to its full potential. Our pre and post-workout treatments were created to support our hard working athletes.

Recovery services vary by location. Contact your local club to confirm availability.

[FIND RECOVERY NEAR ME](#)



### CRYOTHERAPY

Cryotherapy is the application of extreme cold to aide in the relief of muscle pain, sprains, swelling, and inflammation.

Contact your gym and ask about localized spot treatments.

### COMPRESSION MASSAGE THERAPY

UFC GYM is proud to partner with NormaTec, the industry leader in compression recovery technology. Their cutting-edge compression systems help athletes warm up pre-workout, and recover quickly post training and competition.



### REBOOT RED LIGHT THERAPY

Experience 360 degrees of red light to relax, regroup and re-energize! The HEX REBOOT system helps your body de-stress and revitalizes its systems. Can be used pre-workout to help loosen up or for post-workout recovery.

Available in select locations.

### VERSASPA SPRAY TAN

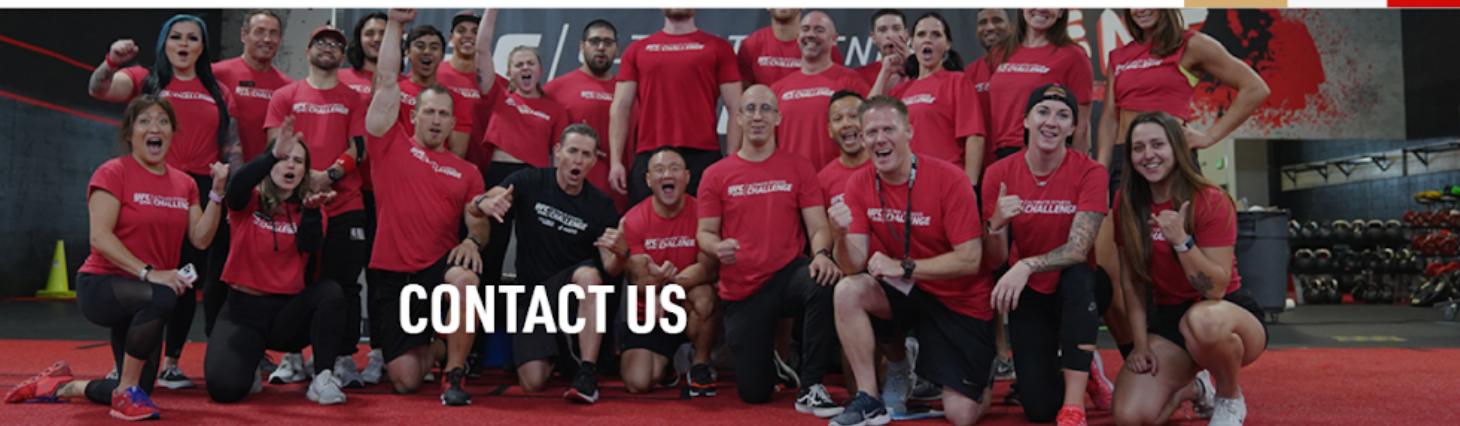
VersaSpa Spray Tan System provides a premium in-salon spray tanning experience with 3 spray nozzles for even, full-body coverage.

Available at select locations.



**FIND RECOVERY NEAR ME**

[FIND NOW](#)



877-2-UFCGYM  
contact@ufcgym.com

## Message Us

If you've got a question, a comment, or just want to talk more about your fitness goals, leave us a message and we'll be sure to get in touch.

### Cancellation

If you'd like to cancel your membership, please visit your club in person or mail notice to your club. Solely for members that signed up online, leave a message below and our membership specialists will process your cancellation and send you confirmation. All cancellation requests are subject to the terms of the applicable agreement.

#### Select Location

Select a location

#### First Name

First Name

#### Last Name

Last Name

#### Email

Email

#### Phone

Phone

#### Comment

Comment

SEND MESSAGE

TRAIN FOR FREE TODAY

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