

*Tired or sore muscles? Just need to relax?  
Get a massage at the “Y”!*



## **MASSAGES**

*Performed by our Certified Massage Therapist*

**Options are available for full-body – or –  
upper-body specific massage therapy**

All YMCA massages are 1 hour. We offer discounted massage fees to members and 1<sup>st</sup> time participants. For more information call the Y and ask if you qualify for a free week pass which will allow you to receive a massage at the member rate!

### **R.E.L.A.X.:**

**Regular massages will help you to  
Enjoy relaxed muscles, improved blood circulation and  
restful sleep**

SO.....

**Live, Love, Laugh, Work and Play  
And Remember to make a massage appointment at the  
“Y” today! YOU WILL**

**“X”perience a full hour of soothing and pain relieving  
touch from a knowledgeable and caring therapist!**

***Schedule your appointment at the YMCA today!***