

# MASSAGE THERAPY



## Relax. Revitalize. Rejuvenate.

### WHAT MASSAGE THERAPY CAN DO FOR YOU:

- ◆ Relieve tension associated with everyday stress & tension-related headaches
- ◆ Increase circulation and boost immunity
- ◆ Restore energy and reduce fatigue
- ◆ Improve posture and increase elasticity of muscles

### CHAIR MASSAGE SERVICES:

- ◆ Fit Zone in RR3 on Tuesdays from 11:30 AM-1:30 PM
- ◆ PS2 Café on Wednesdays from 11:30 AM-1:30 PM
- ◆ Appointments can be made in both the Fit Zone and Café sign-in sheets
- ◆ Drop-in appointments welcome depending on availability of Therapist

### TABLE MASSAGE SERVICES:

- ◆ Customized massage treatments
- ◆ Available at both RR2 and PS3 Fitness Centers
- ◆ Scheduling appointments at least 24-hours in advance is recommended
- ◆ Call RR2 at 728-1717 or PS3 at 728-4949 to schedule your appointment



Duration	Massage Fees
15 Minutes	\$15.00
30 Minutes	\$30.00
60 Minutes	\$60.00