



Saint Mary's
Fitness Center

Massage Therapy

Sports Massage | Deep Tissue | Swedish | Relaxation | Therapeutic | Pregnancy

A Unique Philosophy in *Healthy Living*

Massage therapy reinforces a healthy mind and body. Having a massage strengthens your commitment to improving your health, reducing pain, and aiding in rehabilitation while enhancing your fitness and promoting relaxation.

Member Pricing

PACKAGES	25 MIN	50 MIN	80 MIN
1	\$48	\$77	\$125
2	\$90	\$141	\$242
5	\$207	\$325	\$500

Benefits of Massage

- Enhances healing of overworked or injured muscles
- Relieves muscle spasms, chronic pain and tension
- Increases flexibility and range of motion
- Promotes relaxation
- Reduces anxiety, fatigue and migraines
- Increases circulation of blood and lymph fluids
- Increases athletic performance

Enrollment:

Paid services must be purchased before booking.
Please see the Service Desk for enrollment info.

Cancellation Policy:

We require 24-hr advance notice for the cancellation of a scheduled appointment.
No-shows or late cancellations will be charged the full cost of the massage.

*20% discount for Saint Mary's Health Network Employees