

Massage Rates

	30 Minutes	60 Minutes
Member	\$25	\$40
Program Member	\$35	\$50



Membership Rates

membership	monthly rate	joiner fee
Youth (0-18 years)	\$18	\$0
Young Adult (19-26 years)	\$20	\$20
Adult (27 - 64 years)	\$47	\$50
Family	\$67	\$50
Family No Children	\$60	\$50
Single Adult Family	\$50	\$50
Senior Adult (65 and older)	\$42	\$50
Senior Family	\$60	\$50

Day Pass Rates

Youth	\$5
Adult	\$10
1-Adult Family	\$12
2-Adult Family	\$15

Facility Hours

MANITOWOC-TWO RIVERS YMCA

SEPTEMBER - MAY

MONDAY	5 am - 10 pm
TUESDAY	5 am - 10 pm
WEDNESDAY	5 am - 10 pm
THURSDAY	5 am - 10 pm
FRIDAY	5 am - 10 pm
SATURDAY	6 am - 9 pm
SUNDAY	9 am - 5 pm

JUNE - AUGUST

MONDAY	5 am - 9 pm
TUESDAY	5 am - 9 pm
WEDNESDAY	5 am - 9 pm
THURSDAY	5 am - 9 pm
FRIDAY	5 am - 9 pm
SATURDAY	6 am - 1:30 pm
SUNDAY	9 am - 1:30 pm

The YMCA is closed on some holidays



MANITOWOC-TWO RIVERS Y
 205 Maritime Drive • Manitowoc, WI 54220
 P 920-682-0341 • F 920-682-2620
www.mtrymca.org

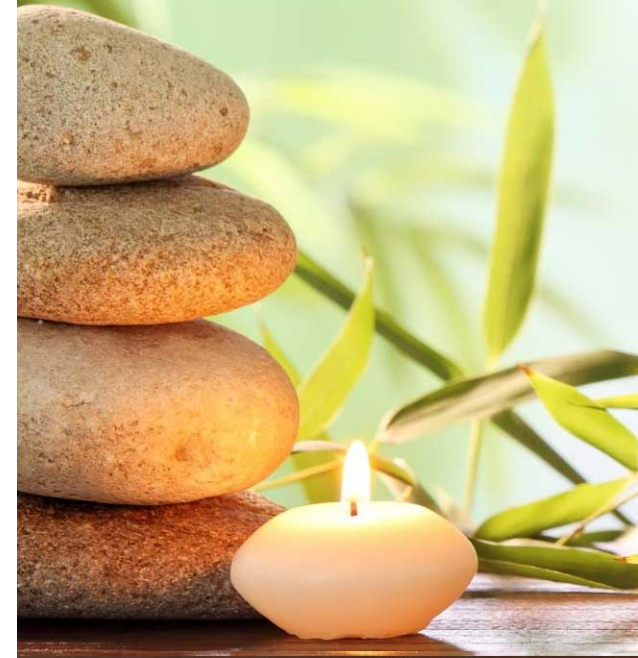


FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

TAKE A TIMEOUT

Personal Massage Therapy Services

MANITOWOC-TWO RIVERS YMCA



Increase Energy
Enhance Body Vitality



MASSAGE THERAPISTS

CHERYL GEHRKE, CMT

- Relaxation
- Stress Relief

PATTI QUINN, CMT

- Relaxation
- Therapeutic / Stress Relief

AMY TISOL-RETZINGER, CMT

- Relaxation
- Stress Relief
- Stretching Techniques

MASSAGE APPOINTMENTS

SCHEDULING YOUR MASSAGE

To schedule your massage, contact the massage department by calling 920.682.0341 ext. 1506. Payment is required at the time of service. Cash, check or credit card accepted (Visa, MasterCard, Discover).

Do you have young children?
View our babysitting schedule to enjoy a massage while your children safely enjoy play time.

MASSAGE CANCELLATION POLICY

Cancellations must be made at least 24 hours prior to your scheduled appointment, or you will be charged for the missed service.

TYPES OF MASSAGE

RELAXATION

This common form of massage, also referred to as Swedish massage, consists of gentle pressure along muscle groups to help alleviate tension, improve lymphatic flow (helping the immune system) and increase circulation.

THERAPEUTIC / STRESS RELIEF

Although all massage may be considered therapeutic on some level, you may wish that the therapist focus on a very specific area of your body that is in pain or not functioning optimally. A variety of kinesthetic or alternative modalities and techniques (based upon the therapists training) may be employed to assist the body's own healing powers. Please communicate openly with your massage therapist throughout the session to achieve the best results.

REIKI

Reiki is an ancient Japanese art of healing that harnesses the Universal Life Energy through therapeutic touch. Reiki incorporates a hands-on healing technique that opens one to life-force energy and the blessings of life. It is a simple, natural and safe method of healing that assists with pain and stress relief, deep relaxation, self-improvement, changing harmful habits and enhancing the body's ability to heal itself. Reiki affects people on a mental, emotional, physical and spiritual level and enhances traditional medical treatment.



BENEFITS OF MASSAGE

MASSAGE REDUCES

- Muscle spasms and stiffness
- Chronic pain
- Recovery time of injured muscles
- Headaches
- TMJ pain
- Fibromyalgia discomfort
- Stress

MASSAGE IMPROVES

- Immune system function
- Range of motion
- Self image
- Circulation
- Flexibility

