

## Massage Rates

	30 Minutes	60 Minutes
Member	\$30	\$45
Non Member	\$40	\$55



## 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

**Nonmembers may use the locker room and facility before/during/after massage**

## 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](http://www.mtrymca.org)

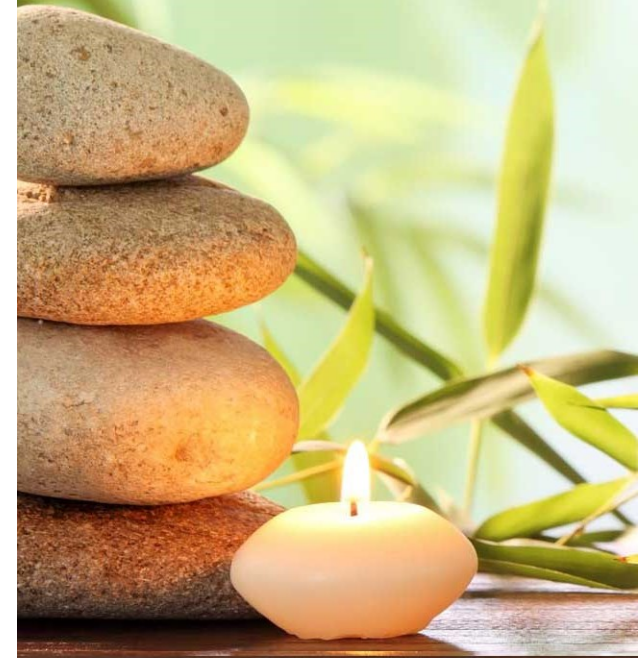


FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# TAKE A TIMEOUT

## Personal Massage Therapy Services

MANITOWOC-TWO RIVERS YMCA



**Increase Energy  
Enhance Body Vitality**



## MASSAGE THERAPISTS

### CHERYL GEHRKE, LMT

Relaxation / Stress Relief  
Stretching Techniques

### PATTI QUINN, LMT

Relaxation / Stress Relief  
Therapeutic  
Basic Edema Massage

### BARB WITTMANN, LMT

Relaxation / Stress Relief  
Hot Stone Massage  
Prenatal

### EMILY MERRILL, LMT

Relaxation / Stress Relief  
Hot Stone Massage  
Prenatal  
Deep Tissue

## MASSAGE APPOINTMENTS

### SCHEDULING YOUR MASSAGE

To schedule your massage, stop at the front desk or call the main YMCA line: 482-1500. Payment is required at the time of service. Cash, check or credit card accepted (Visa, Master Card, Discover).

\*NOTE: Tips may NOT be added to credit card transactions.

### 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 / STRESS RELIEF

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

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.

### HOT STONE MASSAGE

Hot stone massage is a specialty massage where the therapist uses smooth, heated stones as an extension of their own hands, or by placing them on the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly.

### PRENATAL MASSAGE

Prenatal massage aims to relax tense muscles, ease sore spots, improve circulation and mobility, and just make you feel good. But prenatal massage is also customized to the needs of pregnant women and their changing bodies, and therapists trained in prenatal massage adjust their techniques accordingly.



## 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

