



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RELAX, REJUVENATE RECOVER

Anderson Area YMCA

Massage Therapy

Massage Therapy helps to reduce stress, depression, headaches, and anxiety. It even reduces muscular stresses and pains. The Anderson Area YMCA has certified massage therapist ready to help you relax,

We offer—Swedish, Deep Tissue, sports massages, and many other types of specific need massages

Cost: 30 min - \$40

1 hour - \$70

90 minutes - \$100

To schedule an appointment call Linda Senn LMT at 414-9483 or Jim Ross LMT at 940-5762

