



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# RENEW AND RESTORE

# MASSAGE THERAPY

PARTICIPATING LOCATIONS:

**DAVID D. HUNTING YMCA | 616.855.9622**  
475 Lake Michigan Drive NW Grand Rapids, MI. 49504

**MARY FREE BED YMCA | 616.285.9077**  
5500 Burton SE Grand Rapids, MI 49546

**SPARTANNASH YMCA | 616.885.5500**  
5722 Metro Way SW, Wyoming, MI 49519

**VISSER FAMILY YMCA | 616.530.9199**  
3540 Fairlanes SW Grandville, MI 49418

**WOLVERINE WORLDWIDE FAMILY YMCA | 616.363.3000**  
6555 Jupiter Avenue Belemont, MI. 49306



We offer convenient and affordable, 30, 60, or 90 minute sessions with a licensed massage therapist. Pregnancy massage available. A variety of massage therapy techniques are available which are designed to help improve health and wellbeing and include the following:

- Muscle pain reduction
- Lower blood pressure
- Improve circulation
- Stress reduction
- Injury risk reduction
- Recovery assistance
- Increased range of motion
- Improved activity/event performance

Massage Therapy Sessions	Member	Non-Member
30 Minute Session	\$40	\$50
60 Minute Session	\$60	\$70
90 Minute Session	\$85	\$95
5 pack of 60 Minute Sessions	\$275	\$325
10 pack of 60 Minute Sessions	\$525	\$625
20 Pack of 60 Minute Sessions	\$1000	\$1200

## SIGN UP FOR YOUR SESSION TODAY!

📞 By phone 616.855.9622 📍 Stop by the front desk

Sessions are by appointment only. Must be 18 years old.

Specialty Massage including Deep Tissue, Aromatherapy, Prenatal, or Reflexology may also be offered.