

MASSAGE THERAPY:



Next time you visit the Y, make time to restore, rejuvenate and relax. Massage therapy can lower anxiety and stress, enhance circulation, increase joint flexibility and reduce fatigue. Our licensed therapists can treat you with a variety of massages, including deep tissue and therapeutic, to help you relax your body, mind and spirit. Schedule your massage today at Member Services.

MASSAGE THERAPY IS AVAILABLE AT:

DeLand Family YMCA

Massage Establishment: MM 18574
Teresa Cavey MA 54621

Ormond Beach Family YMCA

Massage Establishment: MM 2919
Tatiana Kovaltchouk: MA 60369
Linda McGrane: MA 42748
Mara Silies: MA 69573
Melody Velosa: MA 39549

Port Orange Family YMCA

Massage Establishment: MM 2425
Adrienne Miller-Betts: MA 76115
Lee Treffeisen: MA 80707
Melody Velosa: MA 39549
Joan Willwerth: MA 8431

HALF-HOUR PACKAGES

One Half-hour session

Member: \$30
Program Participant: \$40

4 sessions

Member: \$115
Program Participant: \$150

8 sessions

Member: \$220
Program Participant: \$295

12 sessions

Member: \$315
Program Participant: \$420

ONE-HOUR PACKAGES

One-hour session

Member: \$55
Program Participant: \$65

4 sessions

Member: \$210
Program Participant: \$245

8 sessions

Member: \$410
Program Participant: \$485

12 sessions

Member: \$580
Program Participant: \$685