



MASSAGE THERAPY SERVICES

Deep Tissue Massage:

50 minute session starting at \$75

This massage concentrates on freeing the body's connective tissue and muscles through intense soft tissue manipulation. The trained Massage Therapist will work with your body to loosen contracted muscles, break up adhesions, and get things moving again.

Swedish Massage:

50 minute session starting at \$65

The most popular form of massage. The primary methods of therapeutic massage using various specific strokes that provide sensory stimulation or mechanical alteration of soft tissues of the body. The massage can be soft, gentle, firm, deep, energizing, and/or relaxing.

Additional Services Available:

Contact Individual Therapist for details or visit arenaathletic.com/benefits/massage-therapy.php

- All sessions can be schedule directly with the therapist or Club front desk staff.
- Appointments scheduling requires 24 hour advance notice.
- All appointments require 12 hour cancellation notice otherwise you will be charged for the service.

To schedule an appointment contact our licensed massage therapists:

Stephanie Townsend
614.214.0701

Fred Boerger
614.309-3793

Club Hours: Monday – Friday 5:30 a.m. to 10:00 p.m. Saturday & Sunday 9:00 a.m. to 5:00 p.m.

325 John H. McConnell Blvd • Suite 150 • Columbus, Ohio • 43215
614.461.7785 • www.ArenaAthletic.com