



Massage Therapy

Worcester Fitness Massage Therapy is more than a soothing music, scented oils and stress relief. Our program concentrates on muscular development, athletic performance and injury rehabilitation. Everything you need to get your body feeling strong and flexible for the activities that YOU love to do.



Steve Dozois, LMT

Steve has been certified and licensed for Massage Therapy in Massachusetts since 2009 with a primary focus on overall health and wellness, and an interest in Sports Massage.

After tearing his ACL in 2011, having surgery to reconstruct it, and subsequently going through physical therapy, he had a renewed interest in Sports Massage and massage for injury rehabilitation.



Massage Therapy

Sessions designed for every budget and schedule. Choose what works best for you.

Effective January 1, 2017

Non-Worcester Fitness Members

30 minutes - \$50

60 minutes - \$90

90 minutes - \$125

Massage Membership

Automatic monthly billing along with a discount for each massage.

Effective January 1, 2017

Rates apply to Members as well.

30 minutes - n/a

60 minutes - \$69

90 minutes - \$99