



# REPAIR, REFRESH, RELAX MASSAGE THERAPY

## MASSAGE AT WORCESTER FITNESS

Worcester Fitness offers massage services in order to help our clients perform better athletically and in their every day daily life. Our team is dedicated to providing the best care to our clients for pain relief, overall health and wellness, and improved flexibility and movement. Deep Tissue and Sports Massage are our specialties.

Massage benefits can include:

- Reducing stress and increasing relaxation
- Reducing pain and muscle soreness and tension
- Improving circulation, energy and alertness
- Lowering heart rate and blood pressure
- Improving immune function

A 24-hour notice is required for cancellation of an appointment, or you may be charged a Late Cancel Fee (approx. 60% of the service fee). Payment is due at or before your next appointment. If an appointment is missed with no communication, such as a phone call or email prior to the appointment, full payment for the missed appointment will be required, or use of a pre-paid package.

**Tardiness:** Appointment times are as scheduled and cannot extend beyond the stated time to accommodate late arrivals. Please be on time to your appointment.

**Sickness:** Massage therapy and Fitness Training may not be appropriate for those with an infectious or contagious illness. Please cancel your appointment as soon as you are aware of an infectious or contagious condition. If it is within the 24-hour notice period, the cancellation fee may be waived.

## CONTACT

Kat Butterfield  
kat@worcesterfitness.com  
508.852.8209, ext. 112

### MEMBER RATES

- 30 Minutes \$50
- 45 Minutes \$70
- 60 Minutes \$90
- 75 Minutes \$110
- 90 Minutes \$125

### NON-MEMBER RATES

- 30 Minutes \$55
- 45 Minutes \$80
- 60 Minutes \$100
- 75 Minutes \$120
- 90 Minutes \$140

### MASSAGE MEMBERSHIP

- 60 Minutes \$90/mth
- 90 Minutes \$125/mth

Massage Membership includes one, prepaid massage per month. Additional massages booked during the same month are at the member rate.

### PACKAGES

- 6, 60 Minute \$499
- 6, 90 Minutes \$715



**FITNESS**  
WORCESTER