



Massage Therapy



Community Center

Mon.- Fri. 5 a.m. - 10 p.m.

Sat., Sun., Holidays 6 a.m. - 7:30 p.m.

333-4522/3531

Massage Therapy is available by appointment. To schedule an appointment, please contact the therapist of your choice. The therapists have their own specific days and hours of service in the Fitness Center, and make their own appointments. Advance payment is required to confirm your appointment (cash, check, Visa or Mastercard accepted). The therapists are certified and licensed in the city of Colorado Springs and the state of Colorado.



Sue Repp



As a Licensed Massage Therapist, Sue understands the importance of balancing physical exercise, nutrition, hydration and mental health. She offers Swedish, deep tissue, trigger point and neuromuscular massage. Sessions are tailored specifically for the individual.

To schedule an appointment please call:
649-9983

A modern massage room

has been designed in the fitness center. Massage sessions can range from 15 minutes to 1 ½ hours in length. Clients may disrobe to their own comfort level, and are always draped professionally.



The therapists specialize in their own techniques using any number of the following modalities:

Neuromuscular Therapy

A highly effective treatment for the elimination of pain caused by soft tissue injury, and can help restore balance between the nervous and musculoskeletal system

Trigger Point Therapy

Trigger points are tender congested spots in muscle tissue, which may radiate pain to other areas. Therapy can help to eliminate pain & tension, increase range of motion and re-educate muscles into pain-free habits

Deep Tissue

Swedish massage with increased pressure and focus on muscle adhesions. Massage aimed at the deeper tissue structures of the muscle that cause chronic pain or injury

Sports Massage

Massage aimed at the athlete wishing to maintain optimum health and boost his/her performance. Manipulations can prevent injury, loss of mobility, eliminate fatigue & reduce soreness, enabling the athlete to recover faster and to train at a higher level

Swedish

A variety of techniques used to reduce the stress & tension caused by everyday life. Massage affects nerves, muscles, glands, and circulation. Promotes well being!

Benefits of MASSAGE



Massage has many different benefits which can include some or all of the following:

PHYSICAL:

- Massage relieves tension in the muscles, which can have a relaxing or stimulating affect on the nervous system.
- Massage dilates blood vessels, which increases blood supply and nutrition to muscle tissue, which can also help with preventing build-up of harmful “fatigue” products resulting from strenuous exercise or injury.

MENTAL:

Massage reduces mental stress by allowing your mind to be in a relaxed state, which promotes deeper relaxation and clearer thinking.

EMOTIONAL:

- Massage increases the awareness of the mind/body connection.
- Massage reduces levels of anxiety and satisfies the universal need for nurturing touch which, at times, allows a gentle way of releasing emotions stored in the body.

RATES		Senior RATES	
½ hr. Massage	- \$45	(55 & over)	
1 hr. Massage	- \$60	1 hr.	- \$55
1 ½ hr. Massage	- \$80	1 ½ hr.	- \$75

For more information consult: www.usafaservices.com

