

MASSAGE

We'd like to thank you with
the gift of massage!

MEMBER APPRECIATION DAY

Back By Popular Demand!

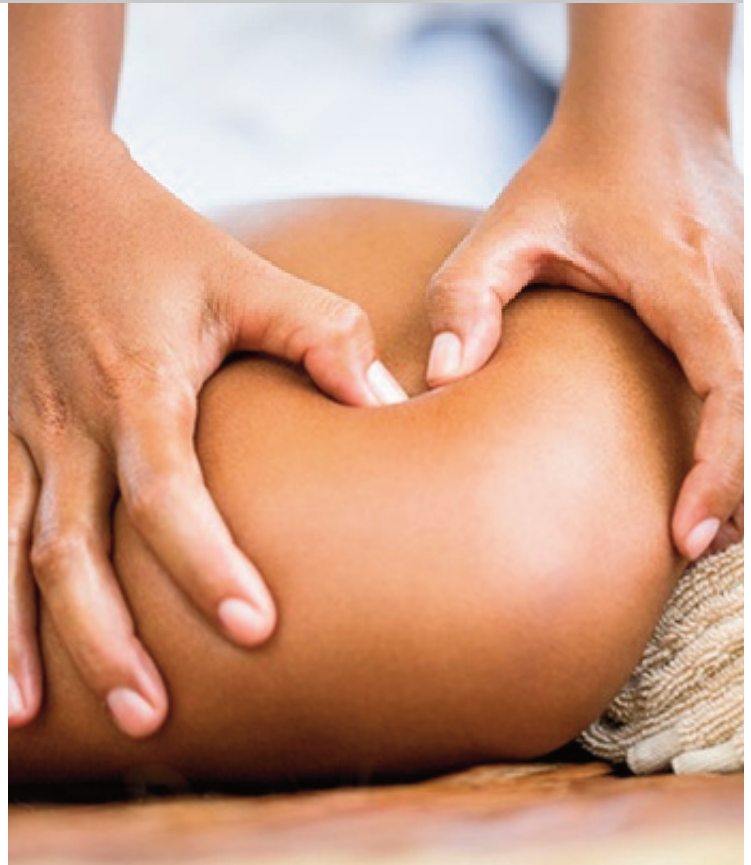
Experienced massage therapists can make a huge difference in how you feel.

Use massage to:

- Prevent injury
- Flush out lactic acid and other metabolic wastes
- Relieve soreness
- Restore structural balance and symmetry
- Address muscle strains and adhesions before they become progressive limitations
- Support and accelerate healing

Kate Graves, massage therapist, will offer free 15-minute sessions. Blending Sports Massage. Kate will work with you in your exercise clothes using compressions and facilitated stretching.

(Post-exercise sweat no problem)



Thursday, October 12
10:00-12:00pm

Massage by Kate Graves

Location: Lobby • 15 minute sign-up slots • First come first served!

FREE to members • Sign up at front desk to reserve your spot

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • www.theswimmingholestowe.com

The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

