

W.O.W.

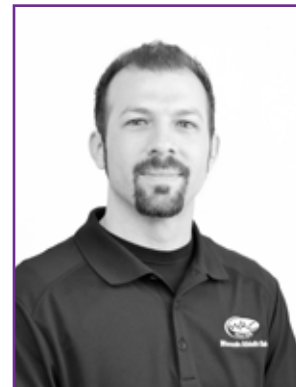
WAC ON WELLNESS

BENEFITS OF MASSAGE THERAPY

Massage is therapy
Alleviates pain and tension
Strengthens the immune system
Stimulates circulation
Advances muscle recovery
Greater flexibility & range of motion
Eliminates toxins

Improves digestion
Speeds your body's recovery from injuries

Tension and stress release
Helps reduce pregnancy discomfort
Enhances tissues regeneration
Reduces spasms & cramping
Activates your body's immune system
Promotes peacefulness & tranquility
Youthful spirit



BY TIM FARRELL

WAC Downtown Massage Therapist
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Stop by the Front Desk to schedule your next massage!

30 Minute Massage: \$45 member | \$55 non-member

60 Minute Massage: \$65 members | \$75 non-member

90 Minute Massage: \$95 member | \$105 non-member

Massage is currently available at the following locations:

GREENFIELD | WAUWATOSA | DOWNTOWN | NORTH SHORE | MENOMONEE FALLS | BROOKFIELD

Visit www.thewac.com/massage for more information.



Wisconsin Athletic Club

FIND YOUR FIT.

www.thewac.com/wow