

YMCA TRINITY GROUP

YMCA

Sports Massage



Definition

Sports massage is a physical, hands- on massage that is applied directly to your skin – it is typically a combination of massage techniques that are tailored to your effected muscle groups to target the area in need.

How Does It Help?

A Sports massage is designed to assist in correcting problems and imbalances that are caused from repetitive and strenuous physical activity and trauma. The application of sports massage prior to and after your chosen exercise may enhance performance, aid in recovery, and prevent an injury – new or reoccurring.

It is one of the most effective ways to eliminate the stress and fatigue you have accumulated throughout your busy life. It is also a very gentle form of body work which really can have a profound effect on the mind. If administered properly it can also help flush the lactic acid out of your body.

Pricing

£40 for 1 hour

£25 for 30 minutes

Consultation will be included in your first session

For more information or to book contact:

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