

At the Louise Center you have numerous facility and class opportunities for **your** specific interest.

**Swimming Pool** – Lap Swimming  
Aqua-Fit Classes  
Adult Rec Swim

**Weight Room** -

Machine weights, free weights, exercise bikes, treadmills, rowers, elliptical machines, and stair climbers in an air conditioned atmosphere.

**Classes** –

Join an array of classes including Jazzercise, martial arts, dance, aqua-classes, Tai Chi and yoga.

**Massage** –

Ask about a private massage scheduled to your time availability. Massage is provided in the locker room areas.

**Private Facilities-**

Both the Men's and Women's Locker rooms provide exercise areas, spa, sauna, and relaxation areas. Men's Locker Room provides table tennis and pool table as well.

### ABOUT MASSAGE

- Increase your energy level
- Reduces stress and anxiety
- Provides pain relief
- Provides you with a sense of well-being
- Increase your productivity
- Cleans your mind and body
- Restore flexibility
- Helps you sleep better
- Enhances blood circulation

All massage Therapists are certified by a California state accredited school. Gratuities are not included in the price of service

## ASSISTANCE WITH FEES

The YMCA believes in providing membership and programs to all that desire to participate. The YMCA's Financial Assistance Program, supported by donations, provides funds for those in proven need within the YMCA's available resources.

## RIGHTS RESERVED

The YMCA makes every effort to avoid exercising these rights, however it reserves the right to refuse service to anyone for any reason, and the right to change programs and services without notice.

## YMCA of Glendale Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

140 N. Louise Street  
Glendale, CA 91206

Phone: 818-240-4130  
Fax: 818-500-1737  
Email: [ymca@glenymca.org](mailto:ymca@glenymca.org)  
Web: [www.glendaleymca.org](http://www.glendaleymca.org)

YMCA OF  
GLENDALE

MASSAGE



Revised January 2008



YMCA

We build strong kids,  
strong families, strong communities.

## MEN'S AND WOMEN'S MASSAGE

### MEN'S MASSAGE

#### Member Rates

45 minutes \$45.00  
60 minutes \$60.00

#### Non-Member Rates

45 minutes \$50.00  
60 minutes \$70.00

Dan – (818) 240-4130 x42

### APPOINTMENTS

Calling in advance helps insure that your desired appointment time will be available.

Please allow enough time to pay for your massage at the membership office **before** your appointment. Massage Therapists are not required to make up time if you are late.

We require cancellation notice of 24 hours before your appointment or a \$10.00 fee will be charged. If we do not receive cancellation notice, payment in full will be required.



### WOMEN'S MASSAGE (818) 240-4130 x27

#### Member Rates

45 minutes \$50.00  
60 minutes \$65.00  
90 minutes \$95.00

#### Non-Member Rates

45 minutes \$55.00  
60 minutes \$70.00  
90 minutes \$100.00

#### Hot Stone Massage

Member rate - \$70.00  
Non-member rate - \$80.00

#### Foot Reflexology

*45 minutes massage technique applied to the feet to relieve tension and discomfort in various parts of the body.*

Member rate - \$50.00  
Non-Member rate - \$55.00

Anahit  
(818) 434-3415

Peggy  
Cell - (818) 279-3190  
Home - (818) 957-8167

Joan  
(818) 242-7715

### EXPERIENCED MASSAGE THERAPISTS

The YMCA has licensed massage therapists with many years of experience. Your massage session is specifically tailored for you using a combination of relaxation techniques for example, deep tissue work in problem areas, Swedish, sports massage, pre and post natal, Lymphatic Drainage, Jin Shin Jyutsu treatments and foot Reflexology.

### SPA, SAUNA, STEAM ROOM

It is a California State Health code that all members need to shower before their massage. We encourage you to give yourself some time to take advantage of the Jacuzzi, sauna and steam room. This will help to relax your muscles in preparation for your massage.

### GIFT CERTIFICATES AVAILABLE

Massage makes a wonderful gift that shows you care. You may purchase a gift certificate for any number of sessions in the Membership Office.

### INDEPENDENT CONTRACTORS

All Massage Therapists with the YMCA of Glendale are independent contractors, not employees with the YMCA. All therapists are certified therapists and licensed to practice in the City of Glendale.

### ON-SITE CHILD CARE

Our on-site Child Watch is a safe and fun place to play for children of 3 months to 9 years while the parents are on the YMCA premises.

Monday through Friday  
9:00 am to 1:00 pm 3:00 pm to 8:00 pm  
Saturday  
9:00am to 12:30 noon