

SPORT MASSAGE THERAPY OFFER



Most competitive athletes demonstrate a unique combination of strength, speed, power, balance and endurance. As Massage Therapists we all appreciate how hard these athletes train and we understand the repetition and trauma that their bodies endure throughout their competitive careers.

Athletes who strive for excellence benefit greatly from Massage Therapy. Regular massage sessions allow the athletes to:



- Train more consistently,
- Push themselves to higher levels of performance,
- Ache less, and
- Recover more quickly.

An 8 Week Therapy Package starts at **\$249** for athletes in 1st Step Quickness.

Call **780.458.3700** to book your therapy today!



Athletes Nation Services include:

- Complete Strength and Conditioning for any level of experience
- Indoor Turf-Surfaced Speed and Tempo Track • Turf-Surfaced Fieldhouse for year-round training
- State-of-the-art testing to keep athletes in top form • Year-round facility rentals to meet your every training need

**ATHLETES
NATION**
athletes-nation.com

1-780-458-3700