

Wellness

Registration or appointments are required. Call 920-432-5581.

Massage

Experience the many benefits of massage therapy at the YWCA. Accelerate the healing process and leave your muscles relaxed and ready for action. Certified massage therapist Marcia L. Vicenzi has 9 years of experience in area spas with Swedish massage, therapeutic massage, deep tissue massage, hot stone and prenatal massage. Massage is available for both women and men. Ask about special Prenatal and Hot Stone options

Schedule

Service	Days	Times	Cost			
			30 min.	60 min.	75 min.	90 min.
Massage Services	W F M-S	2-8 pm 9:30 am-4 pm By appointment				
Swedish Massage			\$45	\$65		\$90
Prenatal				\$75		
Hot Stone					\$85	

Fitness Profile: • Blood Pressure • Body Fat • Measurements
• Body Mass Index • Resting and Target Heart Rate • Max Heart Rate

\$15 or included at no extra cost with YWCA Basic and Premium Fitness Center packages.

Personal Training

Maximize your exercise time. A certified personal trainer will guide you one-on-one through your workout. Call 432-5581, ext. 134, for an appointment. \$30/30 minutes

eliminating racism
empowering women

ywca

YWCA of Green Bay-De Pere

230 S. Madison Street • Green Bay WI 54301 • 920-432-5581