



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Rejuvenation Station

Relax... Revive... Reset

After your workout or before the next... enjoy our Rejuvenation Station! This service is **exclusively** for our members right next to our Cardio Fitness Center! All equipment will be checked out at the Welcome Center. Appointments are scheduled for half-hour increments. Equipment available for use and their price by appointment



Item	Price	Monthly <i>(unlimited)</i>
• Rejuvenate in Chairs	FREE	FREE
• Handheld Massagers	FREE	FREE
• Stim Digital Massager	\$5	\$20
• Theragun	\$10	\$50
• Jeanie Rub Massager	\$15	\$60
• Foot Massager	\$20	\$75
• Leg Therapy	\$25	\$100
• Cryotherapy <i>(coming soon)</i>	\$75	\$350
• Massage Therapy <i>(coming soon)</i>	Varies by type of massage	

YMCA Ambassadors receive 50% off listed prices!!
 Jeanie Rub Massager requires assistance from a friend or YMCA personnel can assist for \$15



For more information contact Nolan Soto at 620.275.1199 ext. 205 or email nsoto@ymcaswkansas.org