



Rejuvenation Station

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Relax... Revive... Reset

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



MEMBER PRICES LISTED

NON MEMBERS add \$5 per session & \$25 Unlimited

Item	First Time	1/5/10 Sessions	Unlimited
Rejuvenate in Chairs	FREE	FREE	FREE
Handheld Massagers	FREE	FREE	FREE
Stem Digital Massager	\$5	\$10 / \$7 / \$5	\$50
Theragun	\$10	\$15 / \$12 / \$10	\$60
Jeanie Rub Massager	\$15	\$20 / \$17 / \$15	\$70
Foot Massager	\$20	\$25 / \$22 / \$20	\$80
Spot Red Cell Therapy	\$25	\$30 / \$27 / \$25	\$100
Leg Therapy	\$30	\$35 / \$32 / \$30	\$125

Cryotherapy see additional flier for more information

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



Unlimited Membership includes once a day maximum. This is a recurring charge monthly in our system. 30-day notice is required. Recommend two to four times a week, but can do more if you wish. No contract is signed. Monthly EFT is set-up in our system.

“Restoring your body is just as important as your training. Try it today!”

For more information contact Stacy Castoe at 620.275.1199 ext. 101 or email scastoe@ymcaswkansas.org

The Y... So Much More. | Garden City Family YMCA | www.ymcaswkansas.org