



# Cryo-Penguin "Cold" Therapy

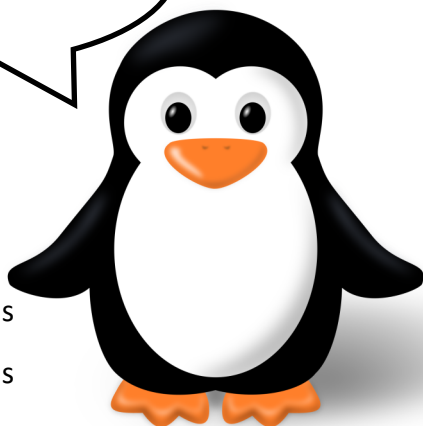
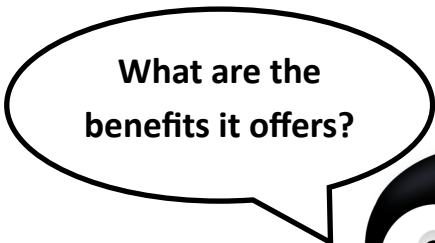
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

After your workout or before the next stop by our rejuvenation station... to enjoy our State-of-the-art Technology that uses sub-zero liquid nitrogen-cooled air to target specific points on the body to stimulate physical and mental health benefits. Treats tissue damage, increases collagen production, enhances muscle recovery, decreases pain, improves metabolism and endorphin levels, and stimulates

**Cryo-Body** is a cellulite reduction treatment

**Cryo-Facial** is beneficial for migraines, sinus problems, fine lines, and wrinkles

**Cryo-Sport** is beneficial for muscle aches, joint pain, arthritis, tissue damage, inflammation, and many more!



*NON MEMBERS add \$10 per session*

<u>Item</u>	<u>First Time</u>	<u>1/5/10 PER Sessions</u>	<u>Duration</u>
Body	\$40	\$50 / \$42 / \$40	25-35Mins
Facial	\$15	\$20 / \$17 / \$15	12-18Mins
Sport (Per Joint)	\$10	\$15/ \$12/ \$10	4-6Mins
(Hips, Back, Chest, Thighs)	\$20	\$25/ \$22/ \$20	10-19Mins

*Recommend two to three times a week, but only 10 Sessions max PER body part, within a month.*

**Available by appointment only!** Monday– Friday 9am–7pm

For more information contact Nela Gallardo at 620.275.1199 ext. 205 or email [ngallardo@ymcaswkansas.org](mailto:ngallardo@ymcaswkansas.org)