



Massage Therapy

It does a body good!

Kristel Williams, LMT

Kristel graduated in 2014 and is a Licensed Massage Therapist. She has worked for Massage Green, Gold Standard Massage and Spa and Medical Massage Clinic of Michigan. She specializes in Swedish Massage, Thai Massage, Deep Tissue, Hot Rocks, Therapeutic Massage/ Utilizing Range of Motion, and Aromatherapy.

Swedish Massage: The best known type of bodywork performed today, one of the primary goals of the *Swedish massage* technique is to relax the entire body.

Thai Massage*: Traditional Thai massage consists of compressions of the muscles, stretching and rocking of the body instead of traditional Swedish massage.

Aromatherapy*: The purpose of an aromatherapy massage is not so much to physically work out all the kinks and sore spots in your body, but to use the restorative properties of essential oils to relax and heal your body and mind.

Deep Tissue: Deep-tissue massage is a specific type of massage therapy that concentrates on the deep layers of muscle and fascia in the body; and recommended by many doctors as a treatment option. Deep tissue massage is used to treat a variety of physical ailments.

Hot Rocks: Hot Rocks Massage Therapy melts away tension, eases muscle stiffness and increases circulation and metabolism.

Massage Therapy Session Fees

	30 min	60 min	90 min
Swedish & others*	\$35	\$60	\$85
Deep Tissue	\$40	\$75	\$110
Hot Rocks	\$50	\$85	\$160

**Call Kristel today
to make an appointment!
248.996.4517**

Get \$10 Free! December 1-January 31, 2017

Need gift ideas this holiday season? In December and January, when you purchase a \$50 gift card, you will receive a \$10 gift card for yourself. **Valid 12/1/16-1/31/17.**

Member Referral Special: December 1-January 30, 2017

Friends will thank you and so will we! Refer a new pass holder and you will receive a free month, or two free day passes if new member is under 18 years old. We will also hold a drawing for an additional month and passes for any member referral. Ask for all the details/conditions at the control desk.

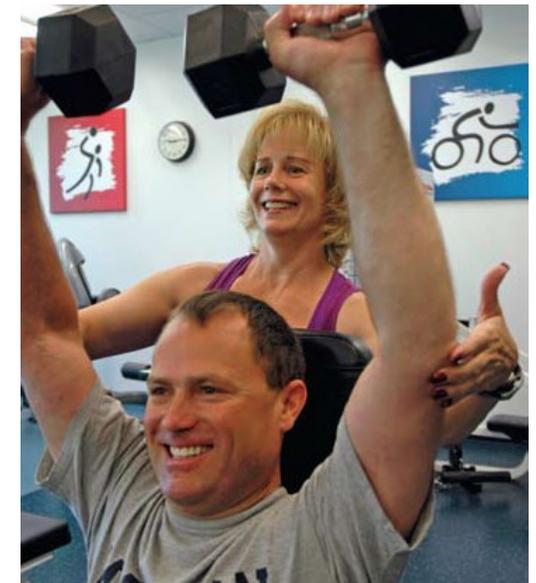
Benefits of a Personal Trainer

- Motivation
- Develop a routine
- New Perspective
- Consistent & Non-Judgmental support
- Learn proper technique & form
- Injury Prevention
- Sport specific training
- Maximize workout/minimum time
- See details inside pamphlet!*



Personal Training Massage Services

Ready to make a difference!



**Troy Community Center
3179 Livernois, Troy, MI 48083
www.troymi.gov/CommunityCenter**

**Personal Trainers: 248.526.2657
Massage Therapy: 248.996.4517**

Our Personal Trainers “Make it Personal”

Individualized approach to:

- Strength training, cardio, and nutrition
- Jump starting a new program
- Motivation – Create new self confidence/energy
- Setting and assisting with goals
- Checking techniques for safety/efficiency
- Preseason conditioning/cross training for sports
- Training for specialty events
- Balance of body and mind
- Providing pre and post natal workouts
- Youth conditioning
- Bone loss prevention
- Transition from physical therapy

Facility Features

Troy Community Fitness Center offers many features to make the most of your personal training session.

Features and equipment include:

- | | |
|---------------|---------------------------|
| Free weights | Selectorized machines |
| Treadmills | Elliptical machines |
| Step machines | Stationary bikes |
| Full size gym | Circuit Training Machines |
| Pool | Outside trails |



Meet Our Trainers

Offering a wide variety of experience and expertise Teresa and Josh are here to meet your individual personal training needs. **Call 248.526.2657 and make an appointment today.**



Teresa Ehlert

Available: evenings and weekends.

Education/Certifications: AFAA Personal Training Certification and Adult CPR / First Aid/AED certification.

Areas of Expertise: General Conditioning, Strength Training, Senior Fitness, Youth Conditioning, Nutrition/Weight Loss Management.



Josh Jantz

Available: mornings, days and evenings .

Education/Certifications: B.S in Kinesiology from Kansas State University, National Strength and Conditioning Association - Certified Strength and Conditioning Specialist (CSCS), American Red Cross - Adult CPR / First Aid/AED certification.

Areas of Expertise: General Fitness , Weight Management, Strength and Conditioning, Youth Conditioning, Functional Fitness, Customized Programming.

Services and Fees:

Personal Training Pass- \$60/month for a mandatory 12 month period.

This special personal training monthly pass allows a one hour session per month with a personal trainer to assess your progress, plan workouts, and help with any assistance needed. Fee is for youth (ages 13+) and adult.

Personal Training Sessions- \$35/half hour or a package of 12 hour sessions for \$720.

(Package Fee must be paid for in advance)

Want a personal trainer to go through your workouts with you? Then these sessions are for you! These sessions are scheduled with the personal trainer of your choice and are specialized to your daily workout for the day.

Session cancellations require 24 hour notice.

Before you start any fitness program we recommend you consult a physician.

FREE

**Members receive a
FREE 45 minute
Wellness Assessment!**

This assessment session will discuss your goals and explain the personal training options available. Schedule your free wellness assessment at the Fitness Desk of the Troy Community Center.

Child care is available on site for an additional fee.
Mon-Sat 8:30 am-12:30 pm and Mon-Fri 4-8 pm