

Massages Therapy

#RELAXANDRECOVER

MASSAGE THERAPY AT THE J

Seated massage will now be offered every Wednesday from 9:00 AM to 2:30 PM in the Fitness Centre. Massages will be provided by Corey Jonas, RMT. You will receive a receipt to be used for your benefits claim!

WEDNESDAYS
9:00 AM - 2:30 PM

10 MINUTES	\$10
20 MINUTES	\$20
30 MINUTES	\$30

BENEFITS OF MASSAGE THERAPY INCLUDE:

- Relaxation
- Blood and lymph circulation
- Joint and muscle mobility
- Joint and muscle functionality
- Joint range of motion
- Muscle flexibility and length
- Muscle strength & endurance
- Body awareness
- Knowledge of the body



ABOUT COREY JONAS RMT

Since 2008, Corey has worked as a children's sports instructor, creating programs, training and improving athletic performance for participants. In 2012, he became a certified Kinesiologist working in a clinic setting, assisting Chiropractors, Athletic Therapist, Osteopaths, Physiotherapists and Massage Therapists with remedial exercises. He has helped people with prevention and recovery of their sports injuries as well as work related aches and pains.

TO MAKE AN APPOINTMENT OR FOR MORE INFORMATION PLEASE CALL **416.638.1881 X4000**

