

Benefits of Massage

- Strengthened immune system
- Stress management
- Muscle relaxation
- Improved concentration
- Improved performance
- Increased energy
- Decrease in blood pressure
- Reduction in chronic pain
- Enhances overall health

CONTACT INFORMATION

Veronica Mueller
Recreation Coordinator -Fitness

Paul Derda Recreation Center

13201 Lowell Blvd.

Broomfield, CO 80020

303.460.6928

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Massage Therapy

at the
Paul Derda Recreation Center



Dave McHattie

Certified Massage Therapist from the Massage Therapy Institute of Colorado. Dave has been a licensed massage therapist for 15 years and a native of Colorado.

Specialties:

Deep Tissue, Myofascial Release, Neuromuscular, Postural Integration, Prenatal, Swedish, and Reflexology.

Schedule:

Fridays from 8:00 AM—12:00 PM

Sundays from 8:00 AM—12:00 PM

Val Webb

Certified Massage Therapist from the Boulder College of Massage Therapy. Val has been a licensed massage therapist for 2 years.

Specialties:

Neuromuscular, Deep Tissue, Sports Massage, and Myofascial Release.

Schedule:

Wednesdays 6:00-9:00 PM

Saturdays by appointment..

Cost:

(payable by CHECK or CASH only)

60 minutes = \$65.00

90 minutes = \$85.00

Packages

3: 60-minute massages = \$170.00

ANNUAL PASS Discounted Rate:

60 minutes = \$55

90 minutes = \$75

SENIOR Discounted Rate (age 60+):

60 minutes = \$45.00

90 minutes = \$60.00

PRENATAL Rate:

12-weeks for \$375.00

(1-hour massage for 12 weeks)

Gift Certificates are available!

**Please call to schedule
your appointment today.
303.460.6901.**