

Sports Massage and Bodywork Therapy



Massage therapy or sports massage is essential in order to compete in an athletic sport or to do everyday tasks in life. If you have lower back pain, neck pain or need to relax and de-stress, you are looking in the right place. Team Fit prides itself in offering the finest massage and bodywork. From sports massage, massage therapy, body work therapy or deep tissue massage therapy, our massage therapists can help you.

Our expert staff of massage therapists is skilled in helping you derive the results you need, specializing in:

- Lower Back Pain
- Neck and Shoulder Pain
- Tension Headaches
- Sciatica & Leg Pain
- Sports Injuries
- Chronic Pain
- Fibromyalgia
- Stress & Tension

Our expert team of massage therapists offers a multitude of techniques to help you reach your goals.

At Team Fit, our clients realize the difference in quality of bodywork they receive.

Our therapists:

- Listen to your requests and know the most effective techniques to help you achieve your goal
- Are educated with the best techniques to release tension and minimize pain
- Communicate with you for appropriate pressure
- Respect and honor your time and space

Our team of therapists travels to your office, corporate program, or company functions to perform scheduled massage.

Contact Team Fit to learn more or to schedule your next massage with us:



Rates

1 session \$80 per hour
3 sessions \$75 each
6 sessions \$70 each
90 minutes \$105 per session
30 minutes \$55 per session

Team Fit, Inc.

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