

Massage Therapy

The JCC Fitness Center has certified massage therapists on staff who offer several massage techniques including Swedish, Sports, Neuromuscular, Chair and the new MyoFascial Stretch Therapy. There are three newly-renovated Massage Therapy rooms, which are conveniently located on the 3rd floor, in the Women's Health Center/ Executive Locker Room facility. One of the rooms was remodeled to include an exterior door, and will be designated as a "unisex" massage room. Thirty and 60-minute massage appointments can be booked at the Fitness Center reception desk or by calling 713-551-7211.

Fee Structure

Session Type	Fitness Center Member Rate	Non-Fitness Center Member Rate
30 minutes	\$40	\$45
60 minutes	\$70	\$80
Package of 6 sessions - 30 min.	\$195	N/A
Chair Massage	\$1 per minute (10 min. minimum) <i>(Additional time can be bought in 5 min. increments.)</i>	



Discounts and Specials

- Gold Membership: each Gold Member receives, annually six (6) free 1/2 hour massages

Policies and Procedures

- Massage appointments may be scheduled at the JCC Fitness Center reception desk or by calling 713-551-7211.
- You must give at least 24 hours notice when canceling an appointment or you will be charged.
- Clients must check-in at the front desk with the receptionist prior to receiving a massage.
- Clients must pay for their services on or before the time of their appointment. If you have a coupon or gift certificate, you must bring it with you when you check-in at the front desk for your appointment.
- Clients must present a payment slip to the Therapist when you arrive for your massage.
- Gratuity is not included in the price of the massage.
- Massage packages are valid for six months from the time of purchase.

** Massage packages are only transferable to Fitness Center members of the same household*



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www.jcchouston.org

stretch | sweat | revive | refresh