

# The New Chair Massage Program at Sport & Fitness...

**Short on Time?  
Try the new value  
chair massage for  
\$15.00**



❖ Our new 15 minute chair massages are done while you're seated on a portable, specially designed chair and involves a massage of your neck, shoulders, back, arms, and hands.

❖ This quick fix can help you relax, reduce muscle tension, and reduce stress.

If you'd like to schedule an appointment, please contact the Sport & Fitness Staff at 202-662-9294.