



# **SPORTS MASSAGE AVAILABLE AT THE CLUB**

**BY APPOINTMENT**

**THURSDAYS 7 – 9 pm  
SATURDAYS 11.30am – 1.30pm**

- CAN BOOST PERFORMANCE
- INCREASE FLEXIBILITY
- ENHANCE REMOVAL OF POST EXERCISE TOXINS
- PROTECT AGAINST INJURY & SPEED RECOVERY

**To book please call:**

Sarah Plender

Sports Massage Therapist MFHT

07734 751 493

15 minutes      £10

30 minutes      £20

60 minutes      £30

**20% goes to Wey Kayak Club**