



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Massage Therapy for Men & Women

Make Time For You

Heal the Body, Calm the Mind, Renew the Spirit

Call massage therapist directly for an appointment.

Rates: \$30 per ½ hour and \$60 per 1 hour

(must be member or purchase \$10 day pass)

Newly renovated massage rooms located in men's & lady's locker rooms.



Debb Reuss, LMT

(845) 389-1020 debbreuss@yahoo.com

Debb has been a New York State Licensed Massage Therapist since 2007 & received an Associates Degree in Applied Science for the accredited 1,000-hour Massage Therapy program at Columbia-Greene Community College.

Her specialties are deep tissue massage, trigger point therapies, advanced cervical work, energy work, and Swedish techniques which successfully reduce discomfort due to chronic pain and pain patterns associated with static postural habits, repetitive stress conditions, headaches, TMJ, fibromyalgia and pregnancy.



Mitch Kurtz, LMT

(518) 330-6268 *(no email)*

Mitch has been a New York State licensed therapist for over 20 years. He graduated from the Swedish Institute of Massage Therapy & Allied Health Sciences in NYC. He earned National Certification in 2006.

His educational training included the study of anatomy & physiology, pathology, Shiatsu, Asian medical theory & philosophy as well as medical massage. He has worked with a vast array of member/athletes at the Kingston, White Plains & Albany Y's. Also at Personal Best Health & Fitness Center and Court Club in Albany and Fenway Golf Club in Scarsdale.