

RURAL FITNESS

FITNESS PROFESSIONAL AND MASSAGE THERAPIST

PRE AND POST EVENT MASSAGE AND STRAPPING



Treatments by Top Sports Massage Professionals
Massage Treatments - \$80 – 1 hour
Strapping \$20 per application

Pre and Post Massage at Busselton Tennis Club – 1 Marine Terrace, Busselton

- Thursday 30th November - 9am-5pm
- Friday 1st December - 9am-5pm
- Saturday 2nd December - 9am-1pm Strapping all day Saturday
- Sunday 3rd December - Post Event - FREE light rub down - 10mins (in Recovery tent)
- Monday 4th December - 9am-5pm

MOBILE MASSAGE FOR GROUPS/CLUBS (min of 3 athletes) – Book in and we come to you!



There are many benefits of having a massage, these include:-

- Improve circulation
- Elevates mood, reduces anxiety and aids relaxation
- Improves joint mobility and muscle flexibility
- Provides relief from pain and aids recovery from injury
- Reduces and softens scar tissue and adhesions
- Reduces muscle spasms and abnormal muscle contractions
- Greatly improves athletic performance

Clinic gets busy, don't miss out – BOOK YOUR APPOINTMENT NOW

<http://www.ruralfitness.com.au/booking/>

0427 553 533 – Paula Email - ruralfitness@westnet.com.au

Official Massage of the 2017 SunSmart IRONMAN Western Australia

Paula Dobbs

0427 553 533

Email: ruralfitness@westnet.com.au

www.ruralfitness.com.au