

Fitness and Nutrition Massage Therapy and Recovery

Massage Therapy options include deep tissue, hot stone, sports massage, prenatal, cupping, myofascial release and of course relaxation.



Sydney's Schedule

**2nd, 3rd, and 4th Tuesday of the month
Every other Thursday (Paydays)**

**10:00 am - 11:00 am
11:15 am - 12:15 pm
12:30 pm - 1:30 pm
1:45 pm - 2:45 pm**

Josh's Schedule

Every Wednesday Afternoon

**1:00 pm - 2:00 pm
2:30 pm - 3:30 pm
4:00 pm - 5:00 pm
5:30 pm - 6:30 pm**

**If interested please Contact HFN Staff @ 360-455-5213 or
healthfitnees@nisqually-nsn.gov**