



Health and Wellness is an aspect of life that many people take for granted. The recovery station is dedicated to offering cutting-edge recovery and health practices to our community. Our goal is to empower members and non-members to take control of their health and well-being. We strive to live a healthier, happier, longer life.

How Can YMCA Recovery Services Help You?

Performance Recovery services will improve mobility, decrease muscle soreness, and promote overall recovery to keep you performing at your best. With 30 Minute Sessions available, we made it easy for you to get the treatment you need to make you feel better and give you the tools to improve in-between visits.



EXERCISE RECOVER REPEAT

PERFORMANCE RECOVERY SERVICES – OFFERED BY PERSONAL TRAINER VINCE FURBY EAU CLAIRE YMCA

SERVICES OFFERED

Compression Therapy

We help athletes speed up their recovery with dynamic compression consisting of pneumatic compression therapy. Our compression therapy devices are very popular among all our athletes since increased recovery benefits may provide improvements in performance before and after treatment.

- Increase Blood Flow
- Enhance Lymphatic Drainage
- Improve Tissue Elasticity
- Decrease Recovery Time

Neuromuscular Stretching

Electrical Stimulation therapy improves muscle activation for training sessions and increases strength and contraction rates in muscles without external load on the body. This is even more important when recovering from injury or trying to limit load volume on muscles.

- Improves functional and athletic performance
- Reduce risk of injury and stress
- Corrects posture and body alignment
- Promotes strength and flexibility improvements
- Detects muscle imbalances and weaknesses

Guided Meditation

Designed to help clients stay calm and focused. Core Meditation uses dynamic vibrations and feedback to help relax, focus, and stay consistent.

RECOVERY SERVICE OPTIONS

30 Minute Recovery Package

Package	Member	Non-Member
3 sessions	\$84	\$114
6 sessions	\$162	\$216
12 sessions	\$288	\$408
20 sessions	\$440	\$640