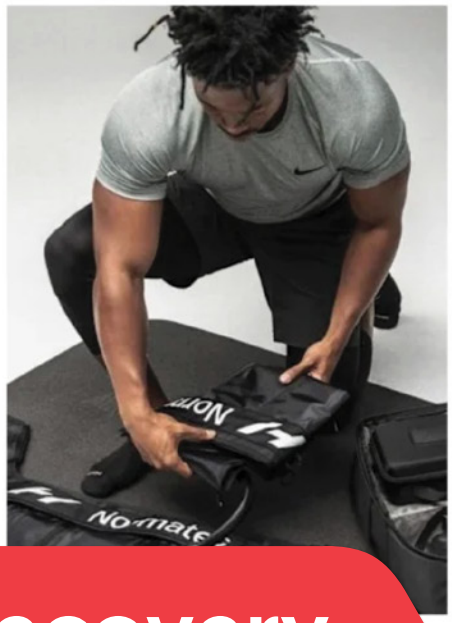
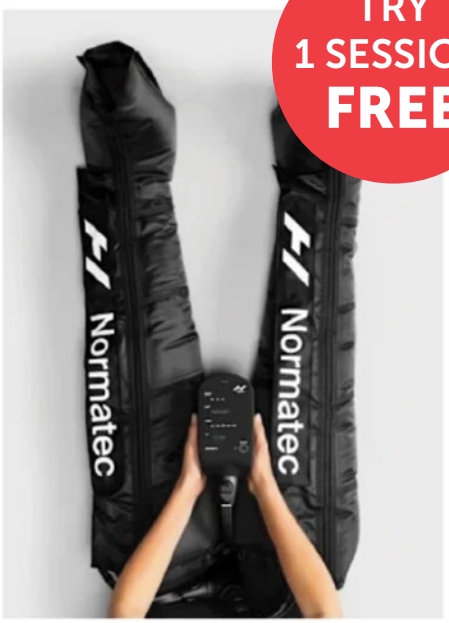
TRY
1 SESSION
FREE







Recovery Services

Shine On YMCA Oakville

The recovery room will feature **Normatec**, cutting edge compression technology. It will also include the perks of using massage guns, advanced heat and vibration wraps, vibrating rollers and a private stretching area.

BENEFITS

- Boosts your body's natural recovery process
- Helps flush out toxins
- Reduces muscle soreness & fatigue
- Enhances lymphatic drainage
- Speeds up recovery time
- Supports faster healing
- Promotes long-term health & performance



30-minute per session

Bi-Weekly Add-On Fee
$10

You can purchase these packages at the front desk. Book your session through the Techno Gym Wellness App. See Wellness staff for room access.

For more information, please contact Joe at josephdi@oakville.ymca.ca