

Montana Athletic Club's

New Massage Therapist



Kelly Ware, Deep Tissue and Sports Massage Specialist.

Kelly's massages are profoundly relaxing and therapeutic, with a focus on deep facia/muscle release. Great for runners and for reducing muscle pain.

Appointments Available

Monday – Friday Evenings

Wednesdays All day

Weekends possible upon request

\$40 30 min – Power healing

\$70 60 min – Total Self Care

\$100 90 min – Indulgent blissful

Call to schedule at 837-2582

or 837-1111/ 314-3808

Kelly is currently involved in massage at the Montana Athletic Club in Bigfork, and in her Polson clinic. Along with promoting local permaculture trainings for sustainable practices.

Kelly Ware has practiced deep tissue massage for 25 years. Kelly studied Swedish and Deep Tissue technique at Heartwood Institute of Healing Arts in Northern California in 1987. Along with studying healing through east/west nutrition and yoga.

Kelly practiced massage in spas and for out-call to skiers in Park City, Utah for 12 years. Kelly studied Reiki, deep forearm technique, and medical massage. She has practiced deep tissue massage, and taught yoga and nutrition at Aware Wellness Center in Polson for 10 years with husband Chiropractor, Dr. Whipple.



837-2582



850 Holt Drive, Bigfork, MT 59911 • www.MontanaAthleticClub.com