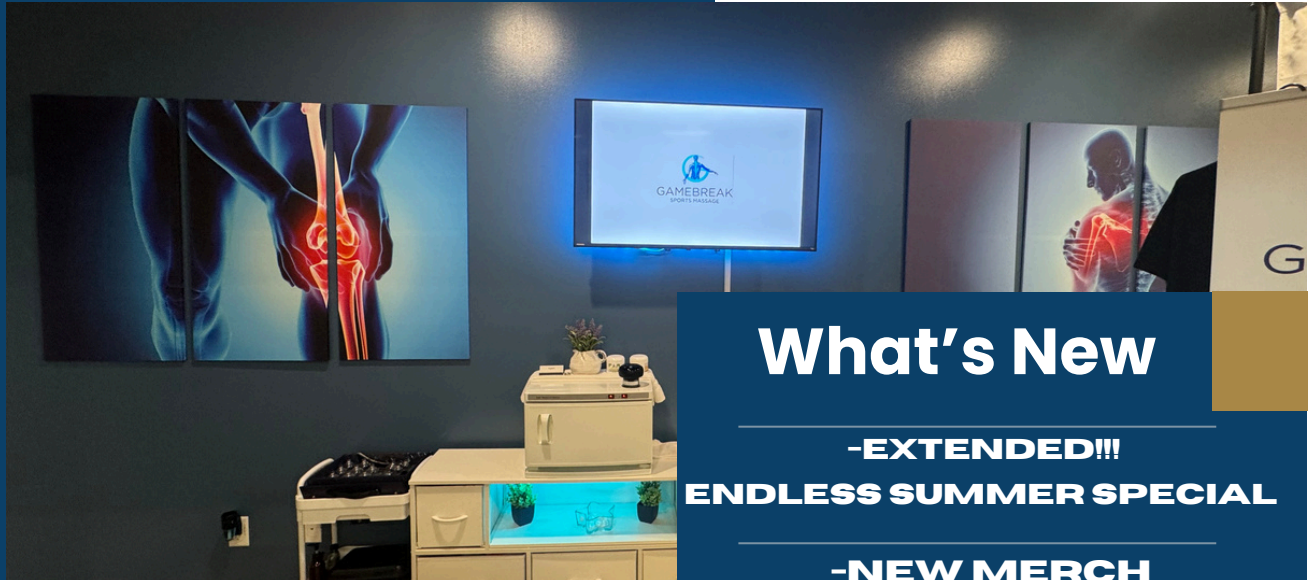


# RECOVERY NEWSLETTER

GAMEBREAKSPORTSMASSAGE.COM



Tuesday, July 1, 2025



**Endless heat. Endless hustle.  
Endless recovery.**

July is here, and it's not slowing down and neither are we. Check out what's new this month at GameBreak: summer specials, athlete wins, and a behind-the-scenes peek at what we're sipping between sessions.

## What's New

**-EXTENDED!!!  
ENDLESS SUMMER SPECIAL**

**-NEW MERCH  
AVAILABLE!**

**-STRETCH CLINICS  
(DATES TBD)**

**INSIDE LOOK:  
WHY YOU NEED TO STRETCH  
YOUR HIPS?**



**Marked As Winners Charity  
Celebrity Golf Tournament**

01/03



EXCLUSIVE MEMBERSHIPS ONLY FOR  
MW ATHLETIX ATHLETES, STUDENTS & PARENTS

**RECOVERY STARTER**

- ★ \$280/Month (\$40 Savings)
- ★ 2 - 50 minute session per month
- ★ \$5 off additional sessions
- ★ Bring a friend discount: \$10 off their first session
- ★ \$5 Credit towards a massage per referral

**PEAK PERFORMANCE**

- ★ \$380/Month (\$60 Savings)
- ★ 2 - 80 minute sessions per month
- ★ \$10 off additional sessions
- ★ Bring a friend discount: \$15 off their first session
- ★ \$10 Credit towards a massage per referral

**THE GAMECHANGER**

- ★ \$500/Month (\$100 Savings)
- ★ 2 - 110 minute sessions per month (can split for 4/50min)
- ★ \$15 off additional sessions
- ★ Bring a friend discount: \$20 off their first session
- ★ \$15 Credit towards a massage per referral

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## July Specials!!

### EXTENDED!!

### ENDLESS SUMMER, ENDLESS RECOVERY

Add mobility to your routine with our new:  
30-Minute Pre & Post Sports Massage. Quick.  
Targeted. Effective. Only \$65 (normally \$80)

## Remember!

### FIRST TIME? LETS CHAT!

Book your FREE 30-minute consultation—including  
15 minutes of hands-on treatment to assess your  
needs and introduce you to what we do.

### NOT A MEMBER? NO PROBLEM.

We're open to the public and here to help  
anyone committed to moving and feeling better.



### GAMEBREAK SPORTS MASSAGE MERCH

*For Sale*

Shirts & More Available!!

Represent your favorite Recovery Brand!!



Pre-Buy NOW before they are gone!!





## Inside Look: Why Stretching your hips are important.

**Tight hips = trouble.**

They can cause low back pain, limit movement, and mess with performance. Keeping them loose helps you move better, feel better, and recover faster. That's why we stretch them for you, but you've gotta do your part between sessions to keep them loose.

👉 **Hold 30 seconds each side.**

**Breathe. Repeat.**

**Happy hips = better workouts + less pain.**

*Stretch Clinics*

*with Gamebreak coming soon!! STAY TUNED!!*

**SCAN QR CODE TO BOOK NOW**



**MONDAY-FRIDAY & SELECT WEEKENDS  
8AM-6PM  
Gamebreaksportsmassage.com**

**03/03**

## 10 STRETCHES TO OPEN UP YOUR HIPS



STANDING CAMEL POSE



STANDING LUNGE



GARLAND POSE



SEATED BUTTERFLY



HEAD TO KNEE



SEATED FORWARD BEND



SEATED IT BAND



PIGEON POSE



KNEES TO CHEST



SUPINE PIGEON POSE