

****This list of reviews was exported from Genbook, our previous online scheduling service provider.****

Nothing Better than a GREAT Massage

I love this place. It's clean, sanitary and the massage therapists wear masks. Jennifer is the best. She has such knowledge of the body and it's pain points and knows how to heal it. I found my new masseuse because I was tired of dumpy rooms and therapists that don't wash their hands and the cleanliness is sketchy. This is a spa experience with professionals who take this seriously and have decades of knowledge. This isn't their hobby! Check it out for yourselves, you're worth it!

Oct 12 2021, V.T. **Published**

Perfect!

Mandee always has the most professional and knowledgeable service. I very much appreciate her ability to help me and would recommend her to friends, family and my own customers.

Sep 8 2021, Angela G **Published**



Best in Town!

Mandee provided an outstanding athletic massage to help my old runner's body. Really knows what she's doing -- and does it quite well. Recommend to all.

Sep 1 2021, Joe B **Published**



Best!

Mandee is the best! I go to her as much as possible as I'm always active and outdoors. Good service, affordable, organized, and very professional.

Aug 24 2021, Anthony Rossi **Published**



God Send

I can't even begin to tell you how relieved I feel to have found a massage therapist that can deal with the fact that every time I see her a new part of my body is in desperate need of attention. Ashley is an attentive listener and really focuses on whatever it is that I need at each appointment. I have had her work on both of my boys too! She has helped them find relief after intensive athletic workouts! I am so happy to finally have a permanent massage therapist that truly does wonders for me!

Aug 17 2021, missi thomson **Published**



Professional Massage

Mandee was knowledgeable, asked questions and helped to relieve muscle stiffness. I recommend Massage Fitness to anyone looking to relieve exercised induced body aches.

Aug 4 2021, Michael Buth **Published**



Great experience

Mandee was professional, efficient and targeted the massage to my specific needs. I am very pleased with the experience and I'm planning on continuing going there to be treated.

Aug 4 2021, Matteo Taffa **Published**



Best Ever!

Mandy is the best ever! Going here regularly has helped me greatly. Very professional, very affordable, and very clean.

Jul 27 2021, Tony Rossi **Published**



Mandee is amazing

I received a gift card to see mandee. She helped my shoulder pain so much with just one session. She was very professional, made me comfortable and truly listened to my concerns. The massage was individualized for me, she also continually checked in about pressure which I appreciated. I will definitely be coming back.

Jul 23 2021, V.M. **Published**



Massage therapy

Always feel rejuvenated after my massage. Mandee is very knowledgeable . I would highly recommend her!

Jul 21 2021, Patty K **Published**



Amazing and Restorative

The business is clean. Jennifer wore a mask. She is very knowledgeable about muscle structure, healing and therapy. She is able to determine the best techniques and where to apply them. I never had to say "there" or "that's sore." She didn't try to have a discussion with me while she worked so I could just relax. Thank you very much.

Jul 12 2021, Sydney **Published**



Always the best.

Jennifer gets to spots I didn't know existed. A little pain today results in total relief tomorrow.

Jul 7 2021, Michael Schenk **Published**



Amazing deep tissue massage

Mandee is amazing! My go to after and before any big race. I haven't found anyone who gives a more well rounded massage and I have had tons of massages!!

Jun 11 2021, Kelly Kaim **Published**



Great work!

I saw Mandee and she did a great job on some muscle aches in my back, walked out feeling great! Will definitely go back for more visits.

Jun 9 2021, F.H. **Published**



AMAZING

I had a one-hour session with Mandy to address my tennis elbow and mid-back/low-back issues, as well as tight hamstrings. Mandy was friendly and professional, providing immediate and amazing relief. She zeroed in instantly on problem areas. Her expertise is remarkable. Grateful client...I will be back!

Jun 3 2021, M.M. **Published**



Gratitude

My body can run, hike and play because Ashley always does an amazing job hurting me where I need it! ;)

May 26 2021, Sharon S **Published**



Best in COS

I had a shoulder injury several years back that resulted in intense muscle knotting, headaches, and restricted movement. I've had muscle knots show through a shirt and restrict breathing before.

Jennifer has been absolutely essential in helping return to a normalized way of living. I can't thank her enough for her knowledge and talent.

May 25 2021, Chris P **Published**



Sessions with Jennifer

Jennifer is outstanding! She always knows how to get my muscles to top form. She must never retire as I am wholly dependent on her amazing skills! She is the reason I can still run as I am older than most runners. Sprinting wreaks havoc on your legs but Jennifer has me leaving with a new outlook and legs to match! I am so thankful for her!!

May 22 2021, Mary Smith **Published**



Mandee

I am very grateful to have the opportunity to have met and use Mandee's expertise. After my visit yesterday I had much better ranger motion and that feeling was a gift to say the least. I enjoy the service and she makes the visit welcome and friendly. I shall return Thanks so much Mandee Kevin S.

May 6 2021, Kevin Saehlenou **Published**



Amazing results

I always feel better after my appointment. I typically have a number of tight spots and knots which disappear after my massage.

Apr 27 2021, D.G. **Published**



Great

One of the best massages ever. On time. Great music. She concentrated on my problem areas with great results. Felt great the next day.

Apr 21 2021, Mark **Published**



Fixed My Problem!

I've been struggling with terrible hip flexor pain for 2+ years. I tried several months of physical therapy with little improvement. Out of desperation, I gave a sports massage from Massage Fitness a try... AND I AM SO IMPRESSED!!! Mandee immediately understood my issue, targeted the problem areas, and now I have full range of motion and I'm literally pain free! I can't say enough good things. Professional, knowledgeable, and effective.

Mar 30 2021, C.R. **Published**



Ashley is Amazing

Not only is Ashley a well experienced professional, she is kind and caring. Could not recommend her more highly.

Mar 19 2021, Walt O **Published**



Spot on

I saw Mande for a much needed massage and she was professional, knowledgeable and very effective in the treatment I needed. I had some areas that need work and she knew exactly how to help.

Mar 15 2021, Angela G **Published**



Ashley Sees

Oh my goodness, talk about someone who is completely in tune with what your body needs! I am so thankful that she is always willing to listen to my needs but also follows her hands to the spots that I am not even aware that need work. Last week I went to her because I literally could not walk without severe pain in my lower back. She spent my hour working my lower back and the next day it was like night and day. Really, truly the best massage therapist I have ever gone to. HIGHLY recommend her!

Mar 2 2021, missi thomson **Published**



Always the best!

Jennifer always helps me when I suffer from overuse injuries. She knows just the right amount of pressure to apply instinctively. While it sometimes hurts to get well....it's entirely worth every bit of discomfort!

Jan 15 2021, Catherine N **Published**



customer

jennifer is the best, very complete , knows the body well , and can make you feel like a million bucks

Dec 19 2020, Kevin C **Published**



Great Massage

Really helpful for my shoulder issues. Clean and safe practices for Covid-19. I recommend Mande! She is great, very caring.

Dec 18 2020, M.F. **Published**



Best in Town!

Mande provided an extremely thorough athletic massage keying into probs with my legs. Really got after my soas and hip flexors. Great stuff!

Dec 12 2020, Joe Baldwin **Published**



Great as always, but especially for bruises from a recent fall.

A specialist in sports fitness, Jennifer and her associates really know how to handle bruises and their pain!

Dec 5 2020, C.F. **Published**



Serious Sports Massage

Ran 1,000+ mountain miles this year preparing for Pikes Peak Marathon. 3 months post race and I'm finally addressing the body work I thought my body would work out on its own. Mandee is getting the job done. Accessing muscles and trigger points I never knew existed. I'm a bit of a massage connoisseur and can tell you Mandee knows what she's doing. In my case, I need more than a couple of sessions to work out my hip and leg issues, but am confident I found the right therapist.

Nov 12 2020, Kera Lewis **Published**



Another Great Massage

Mandee did a great job, AGAIN! Highly recommend Massage Fitness if you're looking for a real sports massage.

Nov 12 2020, Sara S **Published**



High quality massage

Both times I've received a massage at Massage Fitness have been really thorough and well done. As a competitive masters runner who runs 60 miles a week, they were able to find the spots that most needed work. I'll definitely be back on a regular basis!

Nov 10 2020, CJ Hitz **Published**



Outstanding Pain Relief

I was able get pain relief from a serious mountain biking incident at Massage Fitness. Mandee was able to target trigger points to achieve pain relief. She is great at asking for feedback and achieving the right amount of pressure where needed. Massage Fitness provides a safe and clean environment with appropriate precautions for COVID-19. I look forward to going back soon!

Sep 22 2020, Dan **Published**



Always the best.

Never disappointed after my sessions with either Ashley or Jennifer. They put me through the roller and I come out better than before! Twice a month is best for me!

Sep 10 2020, Michael Schenk **Published**



Review

I am a regular customer. I usually walk in a bit bent over and I walk out tall and straight. I highly recommend Massage Fitness. Their staff is conscientious, very cautious about COVID, and well trained. Mandee is my personal choice but they are all well qualified.

Sep 5 2020, Don Rossi **Published**



Just the Best

How I look forward to my time at Massage Fitness--it is just the best Wish I could do it everyday!

Aug 20 2020, Frankie T **Published**



Best in the Springs!

Mandee Edwards gave the best, most thorough athletic massage ever! Highly recommend her for any runner interested in a periodic massage.

Aug 11 2020, Joe Baldwin **Published**



Mandee Massage Fitness

Great job by Mandee today. She asked questions and then proceeded to work on my weaknesses. Very invigorating massage done by a consummate professional.

Jul 30 2020, Mark Skattum **Published**



Spectacular

I had Mandee. She said the other masseuses there are equally as good, but in any case, I have to say it was the best massage I have ever had. I've seen quite a few masseuses, sports therapists, etc over the years and this was by far the best. I have several injuries from working out and rock climbing and Mandee was very skillful in working on those!

Jul 23 2020, Dan M **Published**



Awesome service

Mandi is the best. Very professional, very knowledgeable, really helped me with an injury I had. I plan on going to her for years.

Jul 22 2020, Tony Rossi **Published**



Neck owie

Hurt neck lifting weights. Severe pain and limited range of motion. She done fixed it. Walked out pain free with full range!

Jul 17 2020, Larry C **Published**



Amazing

I had, again, a great massage from Ashley. Very restorative and rejuvenative. She is a great therapist.

Jul 3 2020, Dave Reynolds **Published**



One hour massage

I've been going here for several years now and I've never been disappointed. Always top rate service.

Jun 5 2020, Don Rossi **Published**



Sports massage

Jennifer is amazing. Her knowledge of how the human body works is outstanding. I can't say enough about this practice.

May 29 2020, Jennifer Fisher **Published**



Grateful...

... that you are willing to be open and doing massages. My painful back and stress knots were so happy to see you 😊

May 16 2020, Cynthia F **Published**

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Great Massage

Ashley is a wonderful massage therapist, she is skilled at finding problem areas you didn't know you had and effective at working those muscles. I highly recommend her as I always feel better after my massages.

May 12 2020, Jalinda G **Published**



Mandee is the Best!

i received one of the best sports massages ever from Mandee Edwards. My legs and lower back were tighter than an over-wound watch as a result of 50+ miles of running per week. But a 1.5 hr massage by Mandee helped loosen me up enormously. Looking forward to my next one in 3-4 weeks.

May 7 2020, Joe Baldwin **Published**



Sports Massage

Jennifer is AMAZING. I am always blown away by her knowledge and ability to really get to the bottom of the problem.

Mar 23 2020, Jennifer Fisher **Published**



Hit the Spots

Visiting out of town - found Massage Fitness in a google search under sports massage. Jennifer knew exactly what needed to be done in a short period of time for my daughter, a figure skater. Her space was cozy and comfortable and Jennifer was very accommodating and professional - We will definitely come back when we are back in town.

Feb 27 2020, gracen kim **Published**



Sports massage

I've been having upper back and hamstring issues and Sarah gave me a fantastic massage. I feel much better now and plan to visit again.

Feb 5 2020, B.H. **Published**



Amazing massage.

Sarah has real talent. She knows muscles and is effective and also sensitive. Very highly skilled. I strongly recommend her and this company.

Feb 1 2020, David Reynolds **Published**



Massage

always the best. I've gone here for a few years and I am never disappointed. Appointments are on time and the masseuse is highly qualified

Feb 1 2020, Don Rossi **Published**



Thank You

Falling butt first on the ice is never a good idea. My bruised and battered muscles much appreciated Jennifer's soothing hands.

Jan 30 2020, Carol L **Published**



Best Massage Therapist!

I came in with serious sciatica pain and my massage with Mande made an incredible difference. She had previously helped me with shoulder pain from a repetitive work injury. I have, and will continue to, go myself and recommend her highly.

Jan 22 2020, Liz M **Published**



Excellent !!!

I have been going to Massage Fitness, 2 times per week, for over one year. Jennifer's knowledge and commitment to her clients surpasses any of my expectations. There has never been any waiting time for me, in the year, that I have been coming. She has exceptional professionalism. I can't not recommend this place more. I drive over 1 hour, there and back, but is completely worth it. I feel very fortunate to have found Massage Fitness.

Jan 10 2020, Elke Kisa **Published**



Awesome!

Jen is the best! Listens to her customers and taylor's the massage to you. Has experience working with high level athletes.

Jan 8 2020, Mike T **Published**



More great and talented massage therapists

I have been going here for years. All the therapists style are different, and flexible of you prefer something else. They are all very well trained, and able to explain what they are doing, and what I can do in the future in terms of exercises and stretches. This time I saw Sarah Martinez. I also see Jennifer Chee frequently. I would recommend both in a heartbeat.

Jan 4 2020, Jim Shields **Published**



Amazing as always.

Jennifer is the best in town...I couldn't be more pleased with the results of each session. Very professional.

Dec 20 2019, Cathy N **Published**



Amazing

Sarah was amazing. She listened and found the problem. Looking forward to seeing her again. Thank you.

Dec 13 2019, Trisha S **Published**



USATF Prep

Amazing knowledge, solved hip and calf knot/tightness issue. Ready for the indoor season thanks to deep tissue session!

Dec 7 2019, A.F. **Published**



Tremendous massage

Mandee Edwards provided a great athletic massage for a runner after I ran a tough trail race the day before. And today I'm feeling great - just finished a 6 mile run and all feels well. Marvelous work by Mandee! Quite the professional, as well.

Nov 19 2019, Joe Baldwin **Published**



Love it

Mandy does a great job. She is a good listener of problem areas and always makes sure she has gotten everything. She can go very deep and has strong hands. She does a great job.

Nov 3 2019, trish TOPMILLER **Published**



Always amazing

Jenny has consistently provided me with excellent massages over the past 6 months or so. She works deeply and effectively and has helped me resolve multiple injuries as well as prevent future ones. You could not pick a more skilled massage therapist.

Oct 31 2019, SHaron Thiergartner **Published**



Truly helpful massages

I've seen Mandee several times. She starts each session by asking, "what can we work on today?" She then works with me through the entire session to ensure she's addressing whatever issue I'm dealing with at the time- typically lower back and tight hamstrings. She is thorough, engaging, and focused. Let's be honest... sometimes addressing our issues can be painful and Mandee is very good at explaining what she's doing so you can prepare for it! I can't say enough good about her.

Oct 28 2019, C.R. **Published**



Fantastic massage

If you are looking for a professional and high quality massage, look no further! Ashley Rees is an incredible massage therapist and will locate and release those tight muscles. She is exceptional and provides a lovely, relaxing environment for your massage.

Sep 25 2019, Lisa Pibal **Published**



Excellent

My wife and I have been going to see Ashley for running specific massage for years. She is extremely knowledgeable and thorough. She listens and addresses the issues -- she also treats related areas that I did not realize needed help! I highly recommend her.

Sep 19 2019, Jason Crow **Published**



Jennifer and her staff are the best!

As an elite athlete, Jennifer and Ashley have helped me tremendously with recovery. They truly understand orthopedic/sports massage and know exactly what needs worked on. They've helped me return to top form after multiple surgeries/injuries. I couldn't be happier with their professional and effective service.

Sep 14 2019, Amanda Rego **Published**



Highly Recommend!

I would highly recommend working with Ashley at Massage Fitness -- I was seen by multiple doctors who believed I was suffering from carpal tunnel and should look at surgical options. After a suggestion to see Ashley, she helped release nerves and tension in my neck which was causing my issues! Ashley takes the time to understand and discuss how I am feeling. Since seeing Ashley, I feel a tremendous change. Highly recommend!

Sep 9 2019, Katie **Published**



Great first time

This was my first time seeing Mandee and had a great experience. She was attentive to the areas I wanted to work and was able to address my concerns. Her technique was great and will definitely come back.

Sep 6 2019, Renee Eastman **Published**



Superb

Absolutely the best. If you're in pain due to musculoskeletal issues, there's no one better to see. I had daily head/neck aches and Mandee found the root cause, fixed it, and taught me how to keep my neck in good shape to prevent them from coming back. Can't recommend any more highly than I do!

Sep 4 2019, Liz L **Published**



Wonderful Massage

Quaint and relaxing! Booked a modality bodywork massage with Jennifer and was very happy with the massage. Really felt like she took the time to personalize my appointment and it was a really pleasant, calm atmosphere. My favorite place for body work in town

Aug 19 2019, Christina **Published**



Always an excellent massage

Mandee always does an amazing job at identifying trouble spots and working out the true cause of tightness and pain. Highly recommend.

Jul 16 2019, Brandon P **Published**



Great Massage

I went to see Mandee for the first time the other day. She was fantastic. Knowledgeable, friendly, and really helped me with my trouble spots. It's astonishing that someone so small can generate such power. No matter what your muscle issues are, she is great.

Jul 15 2019, Daniel Noffsinger **Published**



Simply the Best

Ashley is Simply the Best! She's so knowledgeable and gifted when it comes to body work. She can read my body and always hones in on my trouble spots. Her work is so healing and therapeutic.

Jul 10 2019, A.G. **Published**



Great massage!

Sarah gives an amazing massage! Anything that hurts feels better afterward. She is knowledgeable, kind, pleasant and caring.

Jun 29 2019, Brenda M **Published**



Mandee is fantastic

Each time I see Mandee, she starts by asking me what area(s) we want to focus on. Then she digs deeper to understand the issue, and perhaps get to a root cause. Throughout the massage, she is really interactive, continually adjusting as necessary to ensure she's addressing my pain points. She typically provides some background on what might be going on and what she's doing to work on it. She's even provided some tips to help prevent injury and pain. I highly recommend her.

Jun 26 2019, C.R. **Published**



Awesome

I came to see Jennifer with a very painful lower back issue...went home still in pain...next morning miraculous relief. It's been great ever since!! Thanks Jennifer!

Jun 20 2019, Cathy N **Published**



Excellent for recovery and maintenance

Mandee has helped me stay active and competitive for years. If anything, I should be going more! She's helped to fix multiple issues in my body that have resulted from intense training.

May 15 2019, J.R. **Published**



Best Deep Massage Ever

Ashley is excellent. Gives great massages and finds all my trouble spots right away. I always feel great afterwards!

May 14 2019, Jalinda Gieck **Published**



Exactly what I needed

Ashley has the perfect pressure and sensitivity to get the work done while also allowing me to pass out from time to time. Another great massage!

May 14 2019, Sarah **Published**



Body massage

Received a very professional body massage, also helped me loosen my shoulder from a recent surgery. Highly recommend her service.

May 13 2019, Helene Klement **Published**



Mandee

Mandee was able to target the cause of my lower back and hip pain. I feel so much better. I strongly recommend her.

Apr 30 2019, M.F. **Published**



Ashley is Outstanding!

Ashley is simply amazing. I always walk away feeling so much better. She is knowledgeable and fixes all my problems and prepares me for my next event. She is engaging and always makes the time go by fast with wonderful conversations. I cannot recommend her highly enough!

Apr 13 2019, Ted C **Published**



Professional Massage

Mandee does a superb job identifying trouble areas and relieving the muscle tightness! Highly recommended.

Apr 13 2019, Brandon P **Published**



Amazing!

Mandee was phenomenal. She focused on my troublesome areas and they felt 1000 times better. I'll definitely be back again. I've already scheduled my second massage.

Apr 10 2019, H.H. **Published**



Mandee is Great!

I've been going to Mandee for years for deep tissue massage. Her expertise and strength allows her to control the pressure based on my needs. I have complete confidence in her abilities and professionalism.

Apr 8 2019, Mickey HS **Published**



Fantastic Deep Tissue Sports Massage!

I've had massages from Jennifer and Mandee and they are both incredible! Highly recommend Massage Fitness.

Apr 4 2019, sara s **Published**



Amazing

Have loved every one of my massages with Jennifer! She is the only one who actually can cure my aches and pains...

Mar 24 2019, catherine niebur **Published**



Expertise and quality service

I have been to Jennifer and Mandee and both are excellent at their jobs. The level of knowledge and skill is top notch! My wife and I have a package which is very affordable and we will continue going here as long as they are in business.

Mar 21 2019, T.T. **Published**



Master of Massages

Ashley is so knowledgeable and skillful. She is committed to helping those she massages to feel and live better. She is a world class masseuse!

Mar 20 2019, Jalinda G **Published**



Wonderful Massage

Mandee was great! She attended to my problem areas fabulously! I felt very relaxed. I will definitely be back!

Mar 19 2019, Sandra Escobedo **Published**



Awesome massage

Ashley gives a killer massage and is extremely professional and kind. She will find knots you didn't even know you had! HIGHLY recommend!

Mar 19 2019, Lisa P **Published**



Great massage!

Sarah is great as always. She helps my neck and shoulder issues immensely—. So grateful for her excellent work! Thanks Sarah!

Mar 9 2019, Nancy E **Published**



Awesome as always...

Jennifer is the cure to all my aches and pains! She absolutely knows how to cure or treat every injury I have had over the past few years.

Mar 7 2019, Cathy N **Published**



Great Massage!!

Had severe pain in lower back. Mandee's massage provided significant relief. Highly recommend Massage Fitness!!

Feb 19 2019, David F **Published**

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Finally found what I was looking for

I have received many different massages and have always left with a feel good massage but they never addressed or resolved my problems. Ashley is amazing. She is very knowledgeable, communicative and thorough. She listens to me and my body and really works the body to heal itself. She is very reasonably priced and easy to book appointments. I would recommend her to anyone that is looking for muscular and neuromuscular work.

Feb 12 2019, Molly T **Published**



Amazing deep tissue massage

If you are looking for therapeutic massage - for injury or sports related symptoms - Jennifer is amazing!

Feb 8 2019, Cynthia F **Published**



Great Service!

I've been going to Massage Fitness for over a year now . Ashley and Jen are top notch therapist and really know their stuff!

Feb 7 2019, M.B. **Published**



Much needed massage

Ashley always finds my trouble spots and works them out efficiently and effectively! She never disappoints. I highly recommend her.

Feb 6 2019, Jalinda G **Published**



Jennifer is AMAZING!

Jennifer is so good at what she does. She always knows what to work on and is very knowledgeable about massage techniques. She is SO helpful!!

Feb 3 2019, Maria M **Published**



Great for athletes

Fantastic massage! Went in with some knee issues and the massage helped alleviate those issues. Highly recommended!

Jan 31 2019, J.M. **Published**



thank you Jennifer!

Jennifer understands anatomical and alignment issues and the associated interplay of the associated musculature. I am totally amazed by her expertise, caring, and ability to relieve deep tissue issues.

Jan 24 2019, Lee D **Published**



Amazing Fitness Massage

Jennifer is amazing! My choice of physical activity includes: CrossFit, powerlifting and swimming 5-6 days per week. My body gets pretty punished. Jennifer's technique to an athlete's body goes a long way! Thanks Jennifer!

Jan 16 2019, L.R. **Published**



Sarah is great!

Sarah is fantastic always! I feel 10 pounds lighter...she is very tuned into whatever needs to be adjusted.

Jan 12 2019, Nancy E **Published**



Awesome ...

Jennifer is the best orthopedic massage therapist in town! Thanks to Jennifer I can continue with my active life style...

Jan 9 2019, Cathy N **Published**



Jennifer is beyond amazing!

Jennifer was referred to me by my doctor. She is an amazing Therapist. She is extremely knowledgeable and professional. I trust her completely and know, she will be able to help me. I would highly recommend anyone at Massage Fitness!

Jan 4 2019, E.K. **Published**



Excellent

Ashley does an excellent job targeting any injuries you may have. A very thorough massage. She is very knowledgeable.

Dec 20 2018, Christopher Rego **Published**



Tremendous Massage

Mandee Edwards is a true expert massage therapist for runners! Recommend her to anyone serious about maintaining the bod for running.

Dec 19 2018, Joe B **Published**



Massage with Mandee

Excellent deep massage, facilitating greater mobility of left shoulder and arm, also good overall massage for loosening up neck, back, and other areas affected by stress and overuse. I highly recommend Mandee for helping release one's tight muscles.

Dec 2 2018, Janet Butts **Published**



Jennifer is the best

Been seeing Jennifer weekly over the past 4 years and she is absolutely the best! Jennifer always wants to know how I am and then does her complete massage focusing on what's bothering me at the time always with positive results. Jennifer is the best and I have seen several masseuses over the past 30 years.

Nov 28 2018, Alan Rest **Published**



Jennifer always helpful!

Jennifer always hits the spots that need the work. She is very knowledgeable about body mechanics and I always trust her to do a very good massage!

Nov 26 2018, M.C. **Published**



Ashley is Amazing!

Ashley is an amazing massage therapist. She is thorough, intuitive, and always makes me feel better. She is excellent at what she does and is very knowledgeable.

Nov 16 2018, K.R. **Published**



Heaven

Wonderful , as usual! Jennifer is very professional and does a great job. I look forward to the next session.

Nov 15 2018, Ron Vawter **Published**



Ashley

I've often said Ashley has magic in her fingers and again she has proven it true. Had the session yesterday and awoke to no pain at all. Able to today ride with little discomfort and I know in a few days there will be no discomfort at all when I run. Thanks again Ashley!

Oct 26 2018, Michael Schenk **Published**



Incredible massage

Ashley gives an excellent massage and works out all those knots, kinks, and tight muscles. She is extremely professional and makes you feel comfortable and at ease. I highly recommend Ashley!

Oct 17 2018, Lisa Pibal **Published**



Knowledgable and professional

I try to visit Mande once a month and she has really helped me identify the root of my pain. She knows exactly which muscles to work and explains it so that I am able to maintain after the massage. Highly recommend.

Oct 11 2018, Brandon P **Published**



Awesome job!!

Jennifer is an amazing massage therapist and really knows her stuff. I highly recommend her!! She's great!

Oct 8 2018, M.M. **Published**



Fantastic

I had a fantastic massage with Jennifer Chee. She listens to where my troubled areas are and tries different things to release them. She has great hands and experience working on athletes.

Oct 5 2018, Trish Porter Topmiller **Published**



Honed in on necessary areas

Saw Mande after very successful body work with Jennifer & Sarah. Didn't disappoint and really dialed in on problem areas and didn't just give a "once over" to cover the bases. Really felt like she listened to my unique needs at this visit and point in time.

Oct 5 2018, Daniel M **Published**



Exactly what I needed!

Ashley really knows how to work through my toughest sore spots! Don't know how I would stay injury free from running without her!

Sep 26 2018, Annette Melcher **Published**



Jennifer Chee is amazing!!!

Jennifer Chee is amazing. She knows what to work on and knows what to do. I am so appreciative of her skill and expertise. I HIGHLY recommend her!!

Sep 24 2018, Maria M **Published**



Absolutely Fantastic!

I recently got a massage from Ashley and it was amazing! She was so friendly and professional. She took time to speak with me about my different problem areas and then customized my massage accordingly. I'll definitely be returning and I highly recommend going to see her.

Sep 19 2018, Anonymous **Published**



Thin walls

I have had 20+ massages at Massage Fitness and have had those massages with all of the therapists....all are excellent. All 5 star massages. I highly recommend any of them. But yesterday, the man having a massage in the next room literally talked nonstop. I could hear him droning on during my entire massage. I tried tuning him out but with limited success. So my massage was anything but relaxing. It was very disappointing. No fault of my therapist of course. I hope this won't happen ever again

Sep 12 2018, B.V. **Published**



Ashley is amazing

I've been getting deep tissue massages from Ashley for several years. She is very professional and can really hit the rough spots with precision and depth.

Sep 8 2018, Walt O**Published**



Ashley is Great

Ashley attends to all my injuries past and present and makes me feel new again when I leave. She is attentive to every detail and concern.

Sep 5 2018, Ashleyann Carlson**Published**



Great massage

Wonderful, professional, courteous group. Always feel better after a treatment and recommend them to everyone. Sarah is great.

Sep 4 2018, M.K.**Published**



Athlete Paradise!

I've been going to Massage Fitness for quite some time now. Training year round in the sport of running and lifting weights; Massage Fitness has helped me recover after training. As well as , recover from injuries that have plagued my training. I use Jen and Ashley the most, but you can't go wrong with any staff member.

Aug 28 2018, Maje B**Published**



Relaxing and helpful

My hour long massage was relaxing and helpful for my spinal problems. I can recommend trying a session.

Aug 28 2018, Frankie T**Published**



The Best

I get monthly massages for enjoyment, not medical reasons. They are absolutely wonderful. I feel much better and the benefit lasts quite a while. See you next month Jennifer.

Aug 23 2018, Ron Vawter**Published**



Just what I needed

This was just what I needed for my sciatica--looking forward to spending an hour in two weeks. Half an hour was not quite enough.

Aug 14 2018, Frankie T**Published**



Mandee is awesome

With our hectic road schedule, it's always a treat to be able to get a session from Mandee. She listens and concentrates her efforts on the areas needed, whether from a foot injury, standing for hours and playing bass, or being cramped in a van for a month. Will continue to come back.

Jul 31 2018, Denise Abernethy **Published**



Great Massage

Highly recommended, very professional. Mandee is great at what she does and answers questions that I have.

Jul 31 2018, Anonymous **Published**



Great Sport Specific Massage

Mandee is excellent at her job. She listens well and will customize your massage to where you need it. She is strong so if you need deep tissue work, she's the one you want.

Jul 20 2018, T.C. **Published**



Jennifer and her team are excellent!

If you are an athlete seeking a sports massage you need to schedule a massage with Massage Fitness. Jennifer and her team are knowledgeable and excellent. They have kept my body moving through marathons, triathlons and cycling. If you're seeking a spa experience, this isn't your place, but if you are an athlete seeking massage to keep your body performing, this is your team! As a runner and triathlete, I highly recommend Jennifer and her team.

Jul 13 2018, Kimberly A **Published**



Always amazing

Jennifer is the best at making sure my body works so I can maintain my active lifestyle!! Thanks for being so wonderful...

Jun 29 2018, catherine n **Published**



Friendly people, deep massage

I see Mandee once a month and she is Very knowledgeable about her craft, isn't afraid to go hard and will focus on helping you the best she can.

Jun 28 2018, Eric C **Published**



An hour near heaven

I get a 60 minute massage once each month from Jennifer and the only sad thing about it is that it's not longer. You can't leave in a bad mood. You will simply look forward to the next one.

Jun 27 2018, Ron Vawter **Published**



Best in Town

I have been seeing Jennifer for four years now and I keep coming back for a reason. She addresses all my concerns with care and provides such quality work. Thanks!

Jun 23 2018, Katie R **Published**



Great massage

A very thorough customized massage and sports therapy session, with the utmost professionalism displayed.

Jun 22 2018, Josh K **Published**



Neck pain and stiffness relieved!!

Jennifer Chee is amazing! I could barely turn my head and the next day I was back to normal. Thank you so much I will return.

Jun 22 2018, Bryan Winkel **Published**



Hobble in and walk out

Jennifer is outstanding! My foot was swollen and throbbing when I hobbled into her office. She examined my foot then started working on it. She has used cupping on me before but the results she obtained this time were a surprise. Much of the swelling was reduced, it no longer throbbed and I could gingerly walk on it. Wonderful! I will run again!

Jun 20 2018, Mary Smith **Published**



She's great!

Ashley did a great job! She focused on the areas of concern I identified. She has the strongest hands and fingers around! Thanks!

Jun 3 2018, Kenneth Merritt **Published**



Great sports massage!

Mandee and the staff at Massage Fitness are amazing. Scheduling an appointment is fast and easy. Any athlete knows that sports massage is an important part of fitness and recovery. I highly recommend Mandee, she'll help fix all the trouble spots and help keep you moving!

Jun 1 2018, Cheryl D **Published**



Awesome!!

Great massage therapists! Jennifer Chee is so key in helping me to feel better and perform at my best. I highly recommend Massage Fitness to everyone!!

May 6 2018, Maria Mettler **Published**

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Review

Great staff of professionals who perfect their craft each and every visit! Have been a huge fan of their work for a few years now and have always benefited athletically from the great massage work they have provided. Having a great massage therapist is key in athletics so do yourself a favor and give this spot a try!

Apr 4 2018, j.G. **Published**



Necessary therapy

When I run, I have to have massages to oil the machine. After my massage with Jennifer yesterday, every part of me felt more conditioned to run today. Thanks for the extra work on my hamstring!

Mar 31 2018, Liz Koop **Published**



Always the best!!

Jennifer is by far the best massage therapist in town. I have tried many others. She is the only one who has gotten to the root of the problem...and fixed it! Thanks Jennifer!!

Mar 28 2018, cathy n **Published**



Love Mande!

I keep coming back, doesn't that say it all? Mande is an amazing therapist, with an intuitive approach to massage. Her pressure - which is quite deep - is exactly what my body needs every few weeks to relax and detox. Scheduling is easy and communication a breeze. Highly recommend.

Mar 21 2018, Becky Dirksen **Published**



Amazing

Mande is knowledgeable, professional, attentive, and FIRM! Finding a masseuse who can actually work the knots out of my back and glutes has been a struggle, she took care of all the tightness in my back and IT band. I highly recommend her for any active athletes!!

Mar 19 2018, E.W. **Published**



Another Excellent Massage

Great athletic massage by Mande to help keep my old running body going! She really know how to get after those tight hammies and calves.

Mar 13 2018, Joe Baldwin **Published**



Thank you!

Sarah and Ashley are both great therapists! They both had a perfect amount of pressure with their massaging.

Feb 28 2018, Joanna T **Published**



All Good

Couldn't see Jennifer Chee for a few weeks since she was in Korea with the women's hockey team. So she scheduled me with her colleague, Mande. Also did a great job.

Feb 26 2018, Christine F **Published**



Great

Mandee is great and highly recommended. She was able to explain what was causing some of the knots that had built up and provide suggestions for how to prevent them.

Feb 20 2018, Dan P **Published**



Excellent

Mandy was great. She gets in their deep and loosens up tight stubborn muscles in ways I didn't know were possible. She's full of advice in how to prevent problems in the future.

Feb 20 2018, Jeff D **Published**



massage

Ashley is very attentive to your individual concerns and needs. Knowledgeable, friendly and professional. Highly recommend her.

Feb 17 2018, Susan Schenk **Published**



Great Athletic Massage!

Quite clear that Mandee knew what she was doing in working over the legs of this aging runner. Wholeheartedly recommend her for other athletes looking for a good massage.

Feb 9 2018, Joe Baldwin **Published**



AMAZING!

Sarah is the greatest! She is so knowledgeable and professional. I would highly recommend! I can't go anywhere else for a massage after coming here!

Jan 24 2018, A.M. **Published**



Knowledgable

They were able to get me an appointment straight away. Mandee knew exactly how to loosen my back and lessen my pain. Walked out feeling great.

Jan 19 2018, Brandon P **Published**



Why do I wait.

Sarah did her magic again yesterday. Why do I wait so long between appointments. DUH! I feel so much better when I have massages from Sarah on a regular basis.

Jan 3 2018, Sharon Swint **Published**



Quality, genuine care

Have been seeing Jennifer for years now and will continue to do so! She always takes such good care of all my aches and pains. She even seems to find things I didn't even know were tight.

Thanks for keeping me healthy!

Dec 23 2017, Katie Rainsberger **Published**



Jen is excellent

She is excellent at what she does and really tries to get you relief. I like the online appt booking feature also

Dec 23 2017, D.A. **Published**



The best ever.

Consummate professionals from top to bottom. Best therapists around. I travel from Montana and always make it top priority to get an appointment. With my injury history there is no one else who can help me out with the issues with my shoulder.

Dec 22 2017, Ben B **Published**



Very attentive and responsive to client's needs

Mandee listened attentively as I described my areas of concern, treated these areas with care, and provided suggestions for how to minimize pain and tightness in the future. Her body work was excellent!

Dec 12 2017, J.Y. **Published**



Very skilled and professional

I have seen most of the therapists, for issues ranging from chronic pains to post-surgical care of a joint. They are incredibly skilled and expert at what they do, and have advanced my recovery in some aspects that PT was not able to do.

Nov 28 2017, J.S. **Published**



Jennifer was my message therapist

Wow! Jennifer is great. I have scheduled my next appointment. I feel great after my message. Highly recommended.

Nov 24 2017, B.N. **Published**



Massage

Mandi is awesome! She took the time to listen and knows her anatomy. I will be back to see her. Thanks

Nov 14 2017, Michelle F **Published**



Excellent

Ashley does an awesome job every time. She will listen to what you need and do a great job treating you.

Nov 9 2017, Chris R **Published**



Wowza!

I have seen Sarah, Jennifer, and most recently Mandee... These ladies are legit! I have a lot of neuro-muscular issues and Massage Fitness is a great therapy resource. If you want deep, Mandee is your gal. I have never been in such AMAZING pain (in a good way) in my life! She got to places in my body I never knew existed! I LOVE THEM ALL!!!

Nov 9 2017, Anonymous **Published**



Great massage from Mandee

I have been going to Mandee for bit for a partial tear on my rotator cuff and she is always sensitive to pressure requests and is knowledgeable in what she does. Very professional and would recommend this group to anyone.

Nov 9 2017, Denise A **Published**



Mande

Mande has been awesome! She is informative and explanatory, plus concerned about is going on with my body before she plans her massage program for me that day. Strong enough to go deep into muscle. Thanks Mande.

Nov 4 2017, James Topmiller **Published**



Exceptional

I have been to many studios, but none so professional as Massage Fitness. I will never go anywhere else. They're informed and reliable. I walk out of there, no matter how injured, feeling rejuvenated. I go for relaxation and injury prevention and relief. They are always accommodating. They are informed, professional, and beyond qualified.

Oct 18 2017, Catrina B **Published**



Best ladies ever!

I have been seeing Sarah Martinez for a very long time, but have recently been going to Jennifer Chee due to my work schedule...They are both WONDERFUL and I can't say enough good things about their practice! Try them, you won't regret it!!!!

Oct 5 2017, Shellie Underhill **Published**



Perfect

As a long time back pain sufferer, I've visited numerous providers & alternative medicine sources trying to find relief. Mandee was the first to provide positive results immediately. She is soft spoken, professional, and a magician in her ability to make your body better. I went back twice in 48 hours. She saved a vacation that I would have cancelled otherwise. I will be back & I will refer my friends.

Oct 4 2017, j.m. **Published**

**Great**

Sarah is wonderful. Knowledgeable , courteous and professional. Highly recommend her. She has helped me so much since my accident.

Sep 22 2017, M.K.**Published**

**Recent massage**

Just have to say that Mandee was wonderful! She got right to the places I needed and some others I'd completely forgotten that I needed.

Sep 13 2017, Donald C**Published**

**Excellent**

Great massage with deep muscle work by Mandee. All over care but does great with muscles that are stuck.

Sep 12 2017, Julie C**Published**

**Ashley R.**

Had pain in my back and neck when I went in and it is completely gone. I plan to return. She is amazing!

Sep 5 2017, Lita Van Cleave**Published**

**AMAZING**

As always Jennifer goes above and beyond what is ask, she finds new ways to work on the troubled area and keeps at it to achieve the best results. I most definately would recommend her and have many time.

Aug 31 2017, Patty Deeds-Starr**Published**

**Quality**

I have been seeing Jennifer Chee for years now and even though I am in college elsewhere, I always return to her when I'm back in town. I know she will take care of me and she always takes care of all the little things! Love the quality of service

Aug 20 2017, Katie R**Published**

**Great**

Have used all of the massage therapists at Massage Fitness. They are all very good. Highly recommend!

Aug 15 2017, S.H.**Published**



Wonderful massage

I have an issue with my right shoulder that has limited my range of motion. I also just returned from doing music for a week up in Sturgis playing bass guitar which messed up my back/neck muscles. Mandee was very professional and is knowledgeable with the muscle groups and body make up. After one session I have a better range of motion and will be returning. Definitely recommend her services.

Aug 15 2017, Denise A **Published**



Very Helpful

I came in hoping to alleviate a pain in my achilles. I saw Mandee, and she did great! I let her know where the pain was and she worked the tight areas around it as well as the rest of my legs. Now that the initial soreness has faded, my achilles and legs feels much better.

Aug 13 2017, Dillan Webb **Published**



Thankful

I am so thankful for Jennifer and her expert skills! Without her running would be a painful experience.

Aug 12 2017, Mary SMITH **Published**



Awesome experience

All therapists here are amazing. They have helped me so much with my deep tissue pains. Highly recommend anyone struggling with injury recovery who need deep tissue massage therapy to make an appointment. Well worth the money.

Aug 10 2017, Lydia R **Published**



Outstanding Service and Expertise

Jennifer is impeccable at her craft and what she does. Her level of patient service and detail of what is needed/requested for that particular visit is beyond reproach. I am extremely grateful I have found her and am over the moon thrilled with the results of her massages.

Aug 8 2017, Edward P **Published**



Professional and Helpful

Mandee was very professional and the massage was helpful in relieving my pain and tightness. I would definitely recommend her services.

Aug 7 2017, Brandan Lloyd **Published**



Awesome body work by Jennifer

Jennifer performed her magic once again by releasing my tight, overworked muscles and making me feel brand new!

Aug 5 2017, cathy n **Published**



Jen is the best

Awesome sports massage... painful yes, but worth the results! Highly recommend her for cupping technique as well. I have referred several people who agree!

Aug 5 2017, Debbie A **Published**



Jennifer Chee is amazing

Jennifer Chee is the most incredible massage therapist I have ever used- she has a great knowledge of how the body works (muscles, tendons, etc.) and has a sense of exactly what I need to help me when I have a problem. She is truly amazing.

Jul 22 2017, Robin Spauldng **Published**



Just What I Needed

1st time with Jennifer. She is wonderfully effective in treating all those places that I need help with...lower back, ham strings, glute muscles. I will be back many times!

Jul 20 2017, cathy n **Published**



Ashley's the Best

Ashley's massages are outstanding, she zero's in on my trouble spots and works out all the knots! Expert in deep tissue massages.

Jul 18 2017, Jalinda G **Published**



Generous Massage Therapist

Sarah always gives the most amazing attention to her clients' needs. She is knowledgeable about and excellent at her craft, and you will love her sweet spirit! She is generous to give information that will help you keep your body feeling great on a daily basis between massages, or even if you will be unable to come back for awhile. She is truly concerned about your health and not just lining her pocket.

Jul 11 2017, Kelley Tuck **Published**



Nancy E

Sarah is always fantastic in every way! She helps my neck issues better than any other massagist I've ever had....

Jul 1 2017, Nancy E **Published**



Relief

It doesn't matter if you are the first or last person Jennifer will see you still get the best massage from her.

Jun 23 2017, Mary SMITH **Published**

Expert knowledge

Jennifer has changed my fitness life. I found her while in physical therapy for a knee problem. Jennifer's thorough understanding of the muscles and professional advice have made me pain free. Will continue to see Jennifer with or without problems!

May 26 2017, Raquel Baiza **Published**



Experienced and Personalized

Having visited this group of massage therapists (mostly Mande and Jennifer) for the last year, I would definitely recommend their services, especially to other athletes. They not only do a great job of working out any aches and sore spots I have, after a few sessions they also remember specific spots where I previously had issues and even how those spots reacted to certain levels of treatment and pressure compared to previous sessions.

May 22 2017, Steve C **Published**



Honored to be seen by the best

Jennifer has been my massage therapist for a number of years now and I am amazed how she keeps me running at my age. Last week I was unable to sit down but tweaking by Jennifer allowed me to not only sit without pain but to once again run on the track. She must never leave!

May 21 2017, Mary SMITH **Published**



Great Massage

Went in for lower back and sciatica issues. Great workout! Very professional. Will be going back.

May 14 2017, D.F. **Published**



Much Needed Massage

I've been dealing with a sore neck and shoulders. Went to Ashley who worked thru my knots, tight muscles and aches. She is keen on the trouble spots and massages deep to release the tension. Very relaxing, professional and enjoyable. Ashley always delivers!

May 6 2017, Jalinda G **Published**



Sarah

If you need real sports therapy relief and not a dainty worthless massage, then this is the place to be !!

Apr 26 2017, JB **Published**



Ashley was amazing!

I have been having trouble with tennis elbow since before Christmas. I have had to limit many of the things I enjoy doing! After seeing a doctor and some Physical Therapy with little to no relief, So I went to see Ashley. After one 30 minutes session I have more mobility than I have had in months. I finally feel like there will be an end to the pain and limitation! Thanks, Ashley

Apr 24 2017, Shannon Graham **Published**



Wonderful Experience

What a wonderful experience. I had sore hamstrings from long distance running and had a card from Massage Fitness given to me by my DO. I used the online booking to make an appt (very easy) and chose Mandee as she had one same day appt left. I'm so lucky. Mandee has a great touch, strong hands, and found sore spots I didn't know were there. It hurt so good...She really helped jump start the healing process for me. Mandee is a soothing, competent, professional. I'll be back. Thank you!

Apr 13 2017, S.T.[Published](#)



Outstanding

I've had two sessions with mandee and I can't wait for my third! Very professional and really does an amazing job

Apr 10 2017, Larry B[Published](#)



Incredible Neuromular Massage

Was the most painfully rewarding massages I have ever received. I am dealing with a Gluteus Medius and Piriformis injury and the massage I received resolved immediate pain and has only slightly returned since treatment.

Mar 18 2017, David Fenimore[Published](#)



Great service

Mandee was great! Applied the right amount of pressure for deep tissue. Definitely will be going back.

Mar 13 2017, Z.B.[Published](#)



Great!

Great as always. I need to come more often. Need to get organized. Sarah always forgives me and works with what she has to so for me. Thanks.....

Mar 7 2017, Sharon Swint[Published](#)



AMAZING!

Sarah did a wonderful job! I've been looking for a massage therapist who really knows their stuff for a while and I finally found her! I would highly recommend this place. Sarah was knowledgeable and professional. I am so happy to have found Massage Fitness!

Feb 27 2017, Alix M[Published](#)



Athlete massage

I've been going to Massage Fitness for four years now and is very much needed in a triathlete training schedule. Ashley knows and finds all the spots needed to perform at my best. Excellent!

Feb 25 2017, Brent T[Published](#)



True professional and specialist in sport massage

I saw Jennifer Chee for another sport specific massage. She maximizes the 60 minutes and helps the body rebound from hard training and travel aches. Can't wait to go back.

Feb 23 2017, Alicia K[Published](#)



Outstanding

Ms. Jennifer has been great she has got me back to moving again. Well worth the price and time. Thank you!!!

Feb 23 2017, Jack Harper **Published**



Mandee and TMJ!

Mandee did such an amazing job working my TMJ! She did the inside work and really relieved my trigger points which is so painful but so worth it now that my headaches are gone! I absolutely recommend this team of therapists!

Feb 16 2017, S.M. **Published**



Wonderful!

I am so fortunate to have such an experienced, knowledgeable and technical massage therapist as Jennifer. She truly keeps me moving!

Feb 15 2017, Mary SMITH **Published**



great massage

Sarah is a talented masseuse. She is professional and thorough. I was very impressed. Highly recommend her.

Feb 14 2017, Dave Reynolds **Published**



Superb

Jennifer is beyond professional and acutely aware of client needs. Highly recommend for clients seeking intense rehab and deep tissue massage.

Feb 1 2017, Liza G **Published**



Forgot how great it is!

With the holidays, I had not had a massage from Sarah for a while. I almost forgot how great it is to be massaged. Thank you so much, Sarah. Thanks for fitting me in monthly. Sh

Feb 1 2017, Sharon Swint **Published**



Bad Back

Mandee is awesome. My low back had tightened up so bad I could not even touch my knees! After I felt much better and on my way back to feeling great.

Jan 26 2017, Jay Bateman **Published**



Happy time!

Jennifer is the best! She knows just what to do to get your body going strong once again. She is always happy too even though producing the quality massage she is known for is difficult. And yes, I am always delighted with the results!

Jan 14 2017, Mary SMITH **Published**



Athlete massages

I've been consistently going to Massage Fitness for over 2 years now and it's always the highlight of my week. A weekly or even monthly massage does so much good for tired legs, feet, and body and Ashley & Jennifer are so consistent and knowledgeable in taking care of athletes! The best in town!
Jan 3 2017, B.P. **Published**



Muscle and nerve pain in lower leg

Ashley and Jennifer were both competent and professional in their work with me. I recommend them to anyone that is in need of orthopedic massage. Time commitments are met and both are very friendly people. Their experience is evident when they share their knowledge.
Dec 28 2016, Neal Carpenter **Published**



Sore neck

Have been looking for a practitioner who uses the pneumatic cupping, though she was unavailable, Mandee did an AMAZING job! I will be back as my job is strenuous and this place is amazing and very affordable.
Dec 15 2016, R.W. **Published**



Wouldn't Go Anywhere Else

My husband and I love to see Sarah Martinez... She is such a great therapist and we wouldn't go anywhere else!
Dec 5 2016, Shellie U **Published**



Acupuncture

Fantastic experience! Feeling fabulous! Sandy is truly amazing and truly listens to what is going on with you. I'm hooked!
Nov 21 2016, Patti H **Published**



Feeling good

Doing great have energy the day of and the day after treatment. I recommend this kind of therapy
Thanks jen.
Nov 19 2016, Angel Harper **Published**



Athlete massage

I get weekly massages as a marathon runner, and Ashley at massage fitness is great! She takes special note of any tight spots and is very individualized for what you want. I highly recommend her!
Oct 23 2016, neely gracey **Published**



Excellent Knowledge

I am an athlete and look for expertise and results. Jennifer was extremely knowledgeable and professional. She beat the everloving crap out of me (per my request) and her techniques alleviated a lot of my symptoms. I would recommend her without hesitation to anyone looking for massage as a therapy option that wants actual results.
Oct 21 2016, Peter Olson **Published**



Feeling good

The massages have so help me with pain, stiffness, headaches. My pain has gone down in my back is can now. Stand 20 to 30 minutes with also no pain. Compared to 10 minutes.

Oct 19 2016, Angel Harper **Published**



Retired Architect

Service and professional knowledge are excellent. Both Ashley and Jennifer are skilled and very thorough. I recommend them to anyone who needs a true orthopedic massage.

Oct 13 2016, Neal Carpenter **Published**



Much Needed Massage

Thank you Ashley for the deep tissue massage and working out my knots! Ashley's massages are very therapeutic, relaxing and very much enjoyed.

Oct 9 2016, J.G. **Published**



Awesome massage very therapeutic

Highly recommend if you have chronic pain issues. This is not a relaxing massage. It does hurt, but the results are worth the brief discomfort. The cupping did wonders for my long term shoulder pain.

Oct 5 2016, D.A. **Published**



Amazing Massage!

My massage with Ashley G. was amazing. The pressure was right where it needed to be (DEEP) and I couldn't have asked for anything more. Thanks again Ashley. See you again soon!

Oct 4 2016, Brandon Longcrier **Published**



Sandy Lenox Accupuncture Appointment

Sandy is a thorough and knowledgeable acupuncturist. She did an amazing job identifying and treating my injury. I would highly recommend her to anyone!

Oct 2 2016, Lori White **Published**



Amazing! Thank you

This was a truly great experience. I came in in quite some discomfort and felt so much better walking out. With a lasting effect effect and definite improvement for my training. Highly recommended!

Sep 26 2016, Kerstin Haring **Published**



Outstanding

I recommend, Ms. Jennifer and her staff to everyone. It's been years since I have felt this good. Call for an appointment you will not regret it. Thank you for allowing me to live again pain free.

Sep 22 2016, Jack Harper **Published**



Service rating

Great massage, very professional, great for athletic performance, I'll be definitely coming back. Thanks!

Aug 29 2016, Lukas H **Published**



Professional, Understanding, Great Experience

I was treated by Sarah, who was fantastic! She made every effort to make sure I was comfortable, and make sure that the massage was tailored to my concerns. Would definitely recommend to others!

Aug 27 2016, J.R. **Published**



WORKS EVERY TIME!

Ashley is my first line of defense for relaxation and pain relief! She helped me so much after my hip replacement surgery. After each time I see Ashley, I feel like I used to - muscles relaxed, good range of motion, and pain free. She really knows her stuff and I plan to continue seeing Ashley as a maintenance plan. Best massages ever!

Aug 25 2016, Kelly J **Published**



Oh so ouchy good!

Got a massage prior to running the Pike Peak Marathon. The massage therapist did a great job finding the tight spots and getting them loosened up for the race.

Aug 22 2016, Toby Lefere **Published**



Another Great Massage

I came in with tight ham strings and Ashley pinpointed my issue and worked out the tight muscles so I could move without pain. Love Ashley's massages.

Aug 18 2016, J.G. **Published**



Moving again

I would recommend Massage Fitness to everyone. I went in to see Ms. Jennifer sore and stiff. After one session I'm moving a lot better, can't wait for the session. Make your appointment today start feeling better. Now.

Aug 16 2016, Jack Harper **Published**



Ashley's the Best

Each time I see Ashley, she always asks what she should concentrate on, or what issues I'm having. I used to tell her some specifics, but anymore, I just tell her that she knows best, and she does. She has an amazing gift at knowing precisely what I need to recover, heal or relax. Ashley's touch is always the right amount of pressure and she leaves my body feeling refreshed and renewed! Ashley is the BEST!

Aug 8 2016, Angela G **Published**



Extraordinary!

Massage Fitness is an extraordinary place! They are courteous, professional and, most importantly, effective. After moving here for my daughter to train, we tried many different massage therapists to help her manage the tightness resulting from a hip injury. Massage Fitness was the only place to give her significant relief. Jennifer and Ashley are both amazing!

Jul 28 2016, Deanna Arden **Published**



A very positive experience

Jennifer Chee is a very professional, personable and competent therapist. I am so glad her therapeutic massage service was recommended to me. I am new to this helpful addition to my physical therapy and medications and have been pleasantly surprised to feel so much better for it. I have undergone triple fusion on my lumbar spine and have also begun treatment for Parkinson's disease, and Jennifer is able somehow to treat my healing with care and my rigidity issues with effective relief.

Jul 16 2016, Christine F **Published**



GOOD PAIN!!

I was hit by a car a few years ago riding a bicycle. Needless to say I am very lucky but do have some issues still. Jen is instrumental in improving my flexibility and increasing my rate of improvement exponentially. She finds things that are very deep in the muscles that I would never be able to address on my own. I get massages now as standard body maintenance - same to me as trying to eat better it is a must do.

Jul 14 2016, Nick **Published**

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Love it!

Ah I am so lucky to have Jennifer. She has a great personality and does an excellent job fixing me up as I seem to trash my legs on a regular basis.

Jun 29 2016, Mary Smith **Published**



Much needed help with Parkinson stiffness

JENNIFER DID WONDERS FOR THE RIGIDITY ASSOCIATED WITH MY NEWLY DIAGNOSED PARKINSON'S DISEASE. SHE KNOWS JUST WHERE. AND HOW MUCH TO DO, ALSO BEING CAREFUL REGARDING A BACK SURGERY. I'VE ALREADY SCHEDULED MY NEXT MASSAGE!

Jun 12 2016, Christine F **Published**



Relaxed and Rejuvenated!

Ashley is the best when it comes to working out the knots. I leave her massages very relaxed and rejuvenated every time.

Jun 7 2016, Jalinda G **Published**



Double thumbs up!!

I had a great experience! I came in sore and tired and left feeling amazing! The next day I was ready to get back to training, feeling fresh and rejuvenated:~)

Jun 6 2016, M.W. **Published**



another great team member

Couldn't get in with my great regulars of Sarah or Jennifer so gave Mandee a go and she was great! Worked with feedback and provided a great massage!

Jun 1 2016, Daniel M **Published**



Shannan did well!!!

I came in with complaints of extreme discomfort in my neck , left shoulder, upper part of my left arm. I have decreased pain in my arm and hardly any in my neck. I am so happy with it . Thank you so much.

May 30 2016, Anjanette B **Published**



Massage Review

The massage greatly reduced the chronic pain I deal with as well as creating a sense of rejuvenation. The massage therapist was very well informed and did a wonderful job working through knots and clear problems.

May 28 2016, Roger Corvasce **Published**



relief

Ashley saw me this time and she was excellent! I will follow her suggestions and I know I will be back running! She did a great job on my legs! They are mine once again!

May 26 2016, Mary Smith **Published**



Fabulous results!

Shannan has been helping me recover from a dislocated shoulder and I have been blessed with great results! I have visited her three times and have made progress each time. Thank you Shannan!

May 1 2016, Rene S **Published**



Aaaah.

Jennifer is so amazing! I walk in with a tight and hurting body and leave with more flexibility than I ever thought I could have. Jennifer is amazing!

Apr 29 2016, Mary Smith **Published**



Great massage!!!

Sarah Martinez has the knowing touch. She seemed to know just how much pressure to use and how to work the muscles for the best results.

Apr 18 2016, M.K. **Published**



The best massage experience

Jennifer Chee is very efficient with perfect deep pressure. She has the highest standard of therapeutic massage for recovery. Thanks Ms Jennifer! ;-)

Apr 16 2016, Cecilia W **Published**



Shannan knows her stuff!

Shannan had a challenging job when she worked on me, but got to all my problem areas. She was also so kind, and we had a fantastic conversation during my session. Thanks for caring, Shannan!

Apr 15 2016, Sonja McWilliams **Published**



Much improvement

Sarah worked on my injured shoulder and it is much better. My ortho doc said she did the right thing and to continue. YES!!

Apr 8 2016, Sharon S **Published**



Consistently Great!

Ashley has helped me recover from hip replacement surgery and has been instrumental in getting my muscles back in working order! She is extremely skilled and consistently great! I will continue seeing Ashley even after my recovery is complete.

Mar 28 2016, K.J. **Published**



Great Service

Jennifer Chee has been part of the reason I feel so much better. Her expertise and knowledge of the body are unparalleled. I have and will be back!

Mar 27 2016, Katie R **Published**



Shannan is the BEST!

I broke my back last summer in a horse related accident. I had a lot of muscle pain after the accident. I was cleared by my neurosurgeon to start getting massages 5months after the accident. I started seeing Shannan on a regular basis and am now basically pain free!!! She's very lovely, very good at what she does, as well as always professional! I will be a VERY long term client!

Mar 20 2016, j.a. **Published**



Great massage!

S. Martinez is wonderful! Her deep tissue massage opens up my neck and back so much. Friendly warm environment -- all the massage therapists seem great! I highly recommend this massage office!

Mar 10 2016, N.E. **Published**



Awesome referral

My friend referred me to Jennifer Chee. She was great! Friendly, nice atmosphere, communicative, & most of all she clearly knows her stuff. I'll definitely be back to see her.

Feb 26 2016, Kelly W **Published**



Great sports massage

Mandee gave an excellent massage and put the right amount of focus on my problem areas. For me it's my IT band. She really knows how to get at it to give it a deep massage. I know when I go to Massage Fitness that I will always get a top-quality massage no matter who I see.

Feb 22 2016, Tracy C **Published**



Much needed relaxation.

So happy that Sarah is back. I missed her work. I feel better already!! Weekly or bi-weekly massages seem to make a big difference to me and Sarah does the trick. Thanks so much, Sarah.

SS

Feb 14 2016, Sharon S **Published**



Great massage

Mandee has been excellent. Both times I have gone, I was suffering from some running related pain. She knew exactly how to work these areas and has helped to keep me healthy for marathon training.

Feb 7 2016, Jaclyn R **Published**



Awesome Massage!

Ashley is one of my massage therapy instructors at the school I attend and her massage techniques directly reflect her amazing teaching skills. I can't wait to receive another one. Thanks Ashley!

Feb 5 2016, Brandon Longcrier **Published**



Great massage

Ashley is very attentive to specific trouble spots. Her massages release knots and help counteract the effects of tension and stress. She is professional, knowledgeable, and easy to communicate with. Ashley does a great job, and I feel healthy and restored after her massages. Thanks!

Jan 30 2016, M.H. **Published**



Always a great massage

I have tried (4) different therapists, due to my varied schedule and every one has been different, but all have been great! Very professional and knowledgeable staff. Always clean and on time.

Jan 26 2016, R.W. **Published**



Wonderful massage

Ashley does a fantastic job massaging my muscles and releasing the knots! She pinpoints the problem areas immediately and works them out. Love, love, love her massages.

Jan 23 2016, Jalinda G **Published**



great

I am so thankful for Jennifer and her expertise. Once again she put me back in working order with her amazing massage skills!

Jan 17 2016, Mary Smith **Published**



Great massage

Jennifer is a great massage therapist!! She is exactly what I need to stay at the top of my game in my sport!!

Jan 4 2016, Liam Firus **Published**



Massage

I have seen 3 different therapists and have been satisfied with each one. They each have different strengths, but all were very knowledgeable and responsive.

Dec 30 2015, DRW **Published**



My massage was amazing

Shannan was absolutely wonderful. She made me feel very relaxed and comfortable. I feel so much better afterwards. Shannan really knows what she is doing.

Dec 18 2015, Autumn M **Published**



Shannan is an incredible massage therapist!

I have a very physically demanding career and with that being said I have a lot of muscle fatigue and pain. Shannan's knowledge of anatomy and pathophysiology is amazing! I left her office feeling better than I have ever felt in a very long time. She provided me with information on how to take care of myself and to prevent injury. I will definitely see her again and I most definitely recommend her to anyone.

Dec 11 2015, Chuck Long **Published**



Bliss

Wonderful as always -- attentive to needs, beautiful space . Bought massage for son as holiday present!!!

Dec 6 2015, Laurie W **Published**



Great massage.

Shannan did an amazing job working what hurt without making feel like I was being tortured. I will definitely go back.

Nov 25 2015, K.P.[Published](#)



Recovery bound

I have been going to Jennifer for about a year and have many muscular problems, she has been able to address whatever I put before her. Jennifer has helped me alone the way and with her expertise I believe that I am on my way to recovery. Thank you Jennifer Chee

Nov 22 2015, Patty Deeds-Starr[Published](#)



Amazing !!! Every single times

Shannon is pretty amazing! She is super friendly and does an amazing job! She know the body and can tell right away what I need !

Nov 20 2015, Caroline Mani[Published](#)



Optimum Health

Ashley has a true gift of knowing her clients individual needs and helping them to achieve optimum health. She is so in tune to my specific needs that I rarely need to tell her what I want her to focus on. I walk away feeling rejuvenated, educated and ready to move forward in living life to it's fullest. Thank you Ashley for taking an investment in my health. You're the BEST!

Oct 26 2015, Angela G[Published](#)



Helps keep my life balanced

I have been visiting with Shannon on a regular basis since she was a therapy student. Whether I have had a stressful week at work, slept wrong a night or two or had a flare-up of some old chronic injuries she manages to identify the problems and break them down. My visits are definitely the highlight of my week!

Oct 24 2015, Paul K[Published](#)



Legs felt alive again

Ashely did a great job in flushing out the junk in my calves in preparation for my marathon this coming weekend. The massage was perfect in the sense that it wasn't excruciatingly painful and zapping my legs, but it was still effective and able to loosen up the stiffness in my legs.

Oct 22 2015, Kenneth Foster[Published](#)



Just what I needed

Jennifer applied the perfect amount of pressure and I would recommend her to anyone needing relief from calf aches or neck pain! I felt better immediately after treatment!

Oct 16 2015, Annette Melcher[Published](#)



No pain no gain

Jennifer is great at targeting tight tissue. This is no massage, I see it as specific treatments and she has helped me improve my running and headaches. She the best!!

Oct 10 2015, Scott B [Published](#)



Excellent

Shannan was excellent Would highly recommend and I'll use her again she was very knowledgeable Obviously has massive experience with athletes

Oct 9 2015, David Minter [Published](#)



Masterful

Jennifer is exceptionable in her ability to relieve pain and promote healing in the body. Her hands are masterful in locating problem areas and dealing with them. I highly recommend her services.

Sep 11 2015, Frankie Tutt [Published](#)



Excellent responsiveness

the communication lines are always open and when I need an appointment, Ashley is very accommodating. Massage Fitness has helped our Pike's Peak Elite Track Club reach the next level and we are very thankful!

Sep 6 2015, Annette Melcher [Published](#)



Awesome!

Sarah Martinez really helped me understand my troubled areas in my body, and how to help them not get so tight! Extremely professional and relaxing!

Aug 16 2015, E.W. [Published](#)



Great massage

everything was explained well when I asked what was happening to certain muscle groups and she was very friendly. I love you Shannan.

Aug 7 2015, K.P. [Published](#)



Jennifer is magic!

Jennifer is amazing at her craft..... she is kind and warm, knows the human body and is pivotal in helping me heal from my surgeries. Be prepared for a deep-tissue massage and you will feel the effects of healing for many weeks! I have referred many others to her, which is the highest compliment.

Aug 6 2015, Claudia Lee [Published](#)



Ashley

Ashley did a great job in relieving the tightness in all of my muscles. It has been just over 24 hours since my massage and I feel much, much better!

Jul 30 2015, Matt I **Published**



Outstanding

Jennifer has knowing hands--she finds the source of pain and treats it with amazing results. She is the best!

Jul 25 2015, Frankie Tutt **Published**



Awesome!!!!

Thank you so much for a fantastic massage. Everything was wonderful and the massage was absolutely wonderful.

Jul 24 2015, Sophia Pearson **Published**



Fantastic

Absolutely fantastic massage. Would highly recommend. Nothing but great things to say about all of the therapists.

Jul 22 2015, Kristina Pearson **Published**

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Great

Sarah gave me the usual GREAT massage. After vacation, I was really in need of a massage. Thank you, Sarah! Sh

Jul 9 2015, Sharon S **Published**



60 minute massage

Ashley made me feel like a new woman in 60 minutes. I was comfortable and at ease. I will definitely go see her again!

Jun 29 2015, Marcia Gieck **Published**



Total

My massage was the best, hands down, the best. Jennifer is knowledgeable and gifted. She receives my highest recommendation.

Jun 27 2015, Marshall Griffith **Published**



Awesome!!

My massage therapist is Sarah M. and she is AWESOME!! I struggle with peripheral neuropathy as a result of chemo therapy....Sarah provides me with much needed relief!!! The relief is temporary, but well worth it!! Many thanks, Sarah!!! :-)

Jun 26 2015, Peggy M **Published**



Sarah was fanatastic

I had never met Sarah before and came in feeling mighty bad after bailing out from a flood. She didn't require much information and simply read what I needed through her hands. She found the spots that needed tending and she made them better. I recommend her without hesitation!

Jun 20 2015, Candice Frankovelgia **Published**



Jennifer Chee works magic!

Jennifer Chee is amazing. She seems to know exactly where my body needs help. I truly believe she is the best masseuse I have ever had because she understands how muscles, tendons, etc. work. Thanks Jennifer for being so meticulous and helping me to move better.

Jun 18 2015, Robin Spauldng **Published**



Great Massage

Shannan really understands the body and what is going on with the various muscle groups etc. She does a great job and I will go again.

Jun 8 2015, Jeanie J **Published**



Jennifer Chee

Jennifer is the Best! She really understands musculature and I cannot get a massage from anyone else. Had several knots in my low back and neck she totally wiped out. It helped my posture a ton.

Jun 4 2015, Amber Chambers **Published**



observation

I expect we would all agree, Jennifer is the best and I for one am delighted she continues to work with me. Without her expertise I would not be running. I have noticed, it doesn't matter if I am her first or last as she with gusto works on me to give me the best massage possible. I can never tell if she is tired and I do believe she gives her all to each one of us. I am so thankful she is in the Springs!

Jun 3 2015, Mary Smith **Published**



Sarah & Jennifer

Sarah and Jennifer are the best! I leave feeling invigorated, they work on my problem areas. Recommend 100%

May 20 2015, Heather E **Published**



Sports Specific Massage

Sarah was very professional and her massage helped speed up my recovery between my workouts! She helped loosen up my hip flexors giving me better range of motion. I would highly recommend a massage from massage fitness to anyone looking to speed up recovery and

May 18 2015, Jeremy Drenckhahn **Published**



Sarah Martinez

I have been searching for a great Massage therapist and I have finally found Sarah. She is extremely good at locating your tight spots and working on them. I felt refreshed and had less pain walking out of the office. The next day I felt amazing. Thanks Sarah! I'll be back soon.

May 10 2015, K.R. **Published**



Great!

Awesome service especially for athletes. I would recommend for those who are looking for a sports massage.

Apr 27 2015, Morgan M **Published**



I really needed this.

Had not found time for a massage for a couple of weeks so really needed this session. I wasn't disappointed. Feel great!! Thanks, Sarah.

Apr 27 2015, Sharon S **Published**



Shannon

Sensitive hands , and sensitive to muscle and fascia tightness and spasm. Strong and no fluff approach. Very professional and top notch.

Apr 21 2015, Tad Heinz **Published**



Getting Relief

Jennifer is a wonderful massage therapist. I deal with frequent headaches, sometimes days on end. Since I started with Jennifer, I find my headaches are not happening as frequently as they were.

Apr 18 2015, Dawn M **Published**



Ashley gieck

AWESOME!!!! She is skillful, sensitive, and attentive. Always professional-- can't wait for my next appointment.

Apr 13 2015, Laurie W **Published**



outstanding

I drive from Montana about every six weeks to see Jennifer. Thats how good the treatment is. I think Jennifer is the best there is. Period.

Apr 11 2015, ben barrett **Published**



Wow!

Jennifer knows everything! She always amazes me with the depth of her knowledge and her "iron fingers" which she uses so expertly to iron out the knots and bumps in my muscles. Without her my running would cease to exist.

Apr 9 2015, Mary Smith **Published**



Awesome Massage

Ashley does a fantastic job working out my kinks. Love my massages, very relaxing! Thank you Ashley!

Apr 3 2015, Jalinda G **Published**



Already Feeling Better!

Sarah found muscles that I did not even know were sore and I felt comfortable talking and voicing my concerns to her.

Apr 2 2015, Annette Melcher **Published**



Great therapist !

Shannan always works the knots out of my back and gets my muscles working individually. As I am moving out of state soon, I will definitely miss Shannan's massages. She is great !!

Mar 23 2015, Sallie Geyer **Published**



just the right amount of pressure

Shannon did a great job working out the tension on my problem spots on my back and neck. I'll definitely return soon.

Mar 22 2015, Darren S **Published**



Great Job

Sarah is a great professional - very knowledgeable and really listens about my pain issues. She is thorough and talks me through everything she does. Thanks!

Mar 13 2015, scott v **Published**



Awesome Massage Therapist

Love Jennifer Chee! She always does an amazing job. Very intuitive, professional, and thorough. Best massage therapist that I've ever worked with.

Mar 13 2015, Adrian N **Published**



outstanding massages for athletes

I have been going to Massage Fitness regularly for over 3 months now and have nothing but great things to say. Ashley and Jennifer do a great job on athlete bodies and are very knowledgeable and helpful.

Mar 12 2015, Ben P **Published**



Great experience

Jennifer Chee has been a great help to me in my recovery from a car accident. A wonderful blessing in my life.

Mar 12 2015, Dave Blazis **Published**



Sarah Martinez

Sarah Martinez is extremely professional and gives a fantastic massage. She is "keeping me going"! I recommend Sarah to my friends.

Mar 11 2015, Emma Lou Skiffington **Published**



regular maintenance

I haven't been very good about regularly getting massages, but after this one I have decided that a monthly massage is definitely going to be beneficial to my workout routine.

Mar 4 2015, Kelly Powell **Published**



Great as usual

Sarah always seems to find the area of my body that needs work. Great as usual. I feel soooo much better. Sh

Mar 2 2015, Sharon S **Published**



Wonderful Massage

Sarah has been a delight to get a massage from. Her professionalism and knowledge is awesome. She always treats exactly what I ask for. Thank you Sarah!!

Feb 25 2015, Carolyn D **Published**



Excellent every time!

I have been going to Massage Fitness for about 6 months. Never disappointed with the massage or professionalism of the staff!

Feb 22 2015, Rebecca S **Published**



Martinez is amazing!!!

A massage was long overdue for this tired body. I was so impressed with Sarah's knowledge of the muscular and skeletal systems and how she knew exactly which areas to hit light and/or hard to bring about the proper release of stress and other toxic junk in my system. It was relaxing and healing at the same time. If I lived closer, I would definitely be booking massages with Sarah Martinez at least monthly, if not more often.

Feb 19 2015, Kelley Tuck **Published**



Thank You!

It may take two or three treatments, but, damn, walking better and feeling in wonderful! You might be missing a great opportunity to feel better! I do! RF

Feb 4 2015, Richard Fesler **Published**



Thorough, Specific, and Attentive Massage

Being a Neuromuscular Massage Therapist myself, I truly appreciate Sarah M's technique. I had a persistent spasm in my L Leg. I enjoyed the deep, soothing, warm hydrocollator pads on my irritated muscles and surrounding tissue. Sarah did a wonderful job focusing on the areas needing attention and separated and stretched adhesions along frictioning muscle fibers. Many problems need more than 1 treatment, just as it takes our body time to develop tension patterns. TY for the relief!

Jan 28 2015, Erin F of Move Your Body Massage, LLC **Published**



Great massage!

Very professional and great massage! Muscles sore the following day, but felt fresh during my race. thank you!

Jan 25 2015, Kenneth Foster **Published**



Exceptional

As a physical therapist I understand the importance of good hands on therapy. Jennifer Chee is the only massage therapist in the state of Colorado who works on me. She has an amazing talent for finding the spots that are so very painful and she releases them with ease. She is a true practitioner of her art! I recommend her fairly very highly!

Jan 25 2015, Joseph M **Published**



Continually great!

Sarah always does a good job when giving me a massage. She is pleasant, skilled and genuinely concerned about my needs on any given visit. Thanks so much, Sarah. See you soon. Sh

Jan 23 2015, Sharon S **Published**



Again!

Angry, going in. Not a fan, never had! OMG, walking out, Thank you! Told my husband, OK, I think I'll do that again! Shannan was awesome! I hope everyone feels like I do, if not, Sorry! I felt great and you should also! She's awesome! Never had one of those before, but I'M GOING BACK, for more! An hour of fear is worth, OMG, I want this again! I will have more massages and feel better.

Jan 20 2015, Monica Fesler **Published**



Great massage!

Ashley is always punctual and professional. She is an incredible therapist that does wonderful work. I always feel so amazing after our visits.

Jan 17 2015, Ashlee Brauer (Tatum) **Published**



Chee

Great therapy massage! I always feel much better after being worked on and in my many years of experience, the massages at Massage Fitness are the BEST!

Jan 12 2015, Mitch Moyer **Published**



Wonderful and Therapeutic Massage

Jennifer Chee has done incredible work on my hip and leg. I have had pain for a long time and through her massage she has keyed in on what I need. I am relatively pain free and so thankful for her dedication and knowledge. I recommend her highly and will continue to go to her for maintenance.

Jan 8 2015, Robin Spaulding **Published**



Awesome !

Shannan is awesome ! I have had knots in my back and shoulders for years. Shannan has them worked out and all muscles responding very well. Best I have felt in a very long time. Will continue this on a permanent basis.

Jan 4 2015, Sallie G **Published**



Awesome therapists!

I have seen Jenn, Sarah, Ashley and now Shannen over the last 2 years, achieving equally great results thanks to all of them. I run competitively and not only have they maintained me and found problem areas before they become problems, but they have significantly helped the re-hab process when setbacks occur! If you're feeling banged up or trying to keep from getting that way, make an appointment ASAP. You are in good hands with these great people!!

Dec 21 2014, Shannon Payne **Published**



Just What I Needed

I consistently receive great customer service, the precise amount of pressure, and attention to the right areas with each session. Ashley always seems to know what I need and delivers!

Dec 16 2014, Scott S **Published**



Ouch!

Even with a chiropractor, I got as much if not more resolution from this message, then I could imagine! I will return and hope for an improved range of motion. Hopefully, in concert between the two, I will be improved beyond all my expectations! I felt better and surprised by my resolutions, ached for a while, but was made aware of my upcoming "ouchiness"! Thanks for the help. I will be back! RF

Dec 16 2014, Richard Fesler **Published**



Relief

Shannan did a great job. Very professional and helpful. I had full-body massage but she also focused on areas that are achy due to my cycling. Shannan worked out some knots that other therapists never adequately released. Really helped!

Dec 9 2014, A.T. **Published**



Low Back Pain Relieved!

I have seen Sarah on several occasions for my low back pain, and each time I notice my relief immediately! I left yesterday without pain and felt even better this morning. Thanks once again!

Dec 8 2014, Robert **Published**



Relief!

Shannan did a fantastic job. I felt significantly better when I left, and she showed me a new stretch to do before I return for my next appointment.

Nov 27 2014, B.P. **Published**



Unexpected symptoms

Shannan did a very excellent job as she always does. She always seems to find areas that I do not bring up because it was not bothering me at the time.

Nov 13 2014, Anjanette Bridges **Published**

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44 Years of Rugby

Sent to Jennifer by my physical therapist who described her as the woman with the titanium elbow. An MRI revealed stenosis, degenerating discs, and bone spurs. I'm dealing with neck issues, shoulder pain, and hand numbness. After 1 session my grip strength doubled and my neck rotation increased by 40%. Jennifer goes deeper and deeper into my muscles every session slowly eliminating tightness. I'm in this for the long term and welcome Jennifer's help.

Nov 10 2014, David Jones **Published**



Thanks Sarah!

Have seen Sarah several times. Feel relief each time I see her. She targets what you ask and then always finds more. See you in two weeks!

Nov 6 2014, R.M. **Published**



Shannan is awesome!

I ran Rim to Rim to Rim at the Grand Canyon this past weekend and was very sore. I went in for a massage about 2 days after and I was walking much better by the next day.

Nov 5 2014, Scott Hurlbert **Published**



calf pain

Old calf injury, doing good until 2 weeks before half marathon. Got bad last half of race. Limped 10 days until finally made appointment. 80% better right off the table. Sara did a great job with all the parts that hurt. I've had nothing but good results with all the therapists I've seen at Massage Fitness.

Oct 31 2014, Larry Cohen **Published**



Awesome Therapists!

I am a competitive long distance runner and have gotten massages from Jen, Sarah and Ashley. ALL of them are equally skilled and knowledgeable, and can do anything from maintenance work to therapeutic massage for injuries! They have been vital to keeping me healthy, can find areas of tension and tightness you don't even know you have, and I would recommend all of them to anyone looking to stay healthy for miles to come.

Oct 25 2014, Shannon P **Published**



Excellent Therapy

Jennifer and her team have been incredible in helping me overcome injury and maintain a balanced body. I highly recommend Massage Fitness to other runners or athletes in general.

Oct 22 2014, Amanda Rego **Published**



Ashley does a wonderful job

I originally saw Ashley at a physical therapy place for deep tissue massage for a hurt elbow. She uses the perfect combination of being firm yet gentle. I never felt "afraid" with Ashley, but felt confident in her abilities. I appreciated her style so much that I am now going once a month for upper body massage, looking forward to having the kinks worked out.

Oct 17 2014, M.W. **Published**



ultra runner

Ashley fixed the crick in my left shoulder, she smoothed the tight quads and loosened me up for my weekend runs. Regular massages have reduced my injuries.

Sep 21 2014, Liz Koop **Published**



Excellent, Intuitive Therapist

Jennifer is a wonderful massage therapist who has greatly helped me get through a knee injury! She is very thorough and seems to know how to personalize the massage to exactly what your body needs. I would recommend her to any athlete!

Sep 8 2014, Tonia N **Published**



Great massage

Ashley always does a wonderful job and does her best to make me comfortable!!! Such a relaxing enjoyable experience

Sep 6 2014, Ashlee Brauer (Tatum)[Published](#)



Lucky me

I feel so lucky to have Jennifer as my massage person. She is wonderful and keeps me ready to run! Her hands speak to my muscles and they give up at her insistence.

Sep 5 2014, Mary Smith[Published](#)



Great trigger point massage

The massage hit trigger points In ways I have never experienced before. The incredile way she was able to find my referred pain areas was amazing. I recommend this location to friends with similar muscle knot problems and I will use this service again.

Aug 30 2014, b.m.[Published](#)



Wonderful Results

Jennifer Chee has done wonders to help me with my physical dilemma through her "intense" massages. I really believe she is one of the reasons I am doing much better. I recommend her highly. She is positive, professional and works wonders.

Aug 29 2014, Robin S[Published](#)



Auto accident injuries

I am recovering from neck and back injuries from an auto accident. Jennifer has been wonderful to work with. Between Jennifer and my PT I'm doing much better. I'm a customer for life. Dave B. Corporate President

Aug 29 2014, Dave B[Published](#)



Best Sport Massage in town!

Jennifer Chee is by far one of the best and most skilled Sport Massage Therapists that I have been lucky enough to work with. I am myself a service provider working with many elite/olympic level athletes, and the feedback from many that work with her is tramendously positive. If only she had more hours in her schedule!

Aug 20 2014, A.K.[Published](#)



Another Excellent Adjustment

My "Weekend Warrior" lifestyle needs a bit of maintenance now and then. I can trust Massage Fitness to remedy the damage I do and keep my trail runs enjoyable. I'll be back the next time I fail to "act my age".

Aug 11 2014, Jon C[Published](#)



Soooo relaxing.....

Ashley has such soothing hands. All I needed this time was to relax, and that is exactly what I did. She has such an awesome ability to switch from sports, therapeutic massage between soothing, Swedish. Thanks, Ashley!

Aug 8 2014, S.M.[Published](#)



Magic

Jennifer is a magician and Colorado Springs is lucky to have her professionalism, knowledge and super strong work ethic.

Jul 25 2014, Robert[Published](#)



Hurts So Good!

I've been working with massage fitness for 3 months now and i have had the pleasure of being worked on by all three massage therapists. I am so impressed with each of them that i do not request any specific therapist. I am most impressed by their ability to find the area that needs attention and working it out. As an athlete, I feel confident that i am getting the injury prevention treatment that i need.

Jul 7 2014, anthony mallory[Published](#)



Always amazing!

I have seen Jennifer for over a year now. I have never had a massage therapist actually heal injuries and massage in the way that she does! I always know I will feel better after seeing her and am so thankful our community has such a knowledgeable massage therapist such as she. No one compares!

Jun 14 2014, taryn long[Published](#)



Fantastic Massage

Thank you Ashley for another wonderful massage! It's always a pleasure to have you work my kinks out and get my flexibility back!

Jun 6 2014, Jalinda Gieck[Published](#)



Book it now!

I've finally found the right place! Ashley does a wonderful job of listening to me and tending to my aches and pains. I can't tell you how much I look forward to my appointments each month. As a train for my next marathon I am confident that the care and attention from Ashley will help me stay healthy and have a great race!

Jun 2 2014, Ellen C[Published](#)



AMAZING!!!!

Ashley worked on both my boys (ages 7 and 11). They both play sports and needed some specific areas worked on. She listened to what they thought needed to be done and beyond. Just by moving over parts of their backs she could tell what needed extra attention. My boys walked out of there feeling so much better and I was happy to give them the gift of health. I HIGHLY recommend Ashley and I will be back with my entire family for massages next month!

May 27 2014, missi T **Published**



piriformis help

After a year of thinking I had sciatica, I asked Jennifer to work my piriformis and see if there would be any improvement. There was, and after my second appointment, it got even better. I'm not having pain shooting down the back of my legs anymore after a long run. I think continued work will make the symptoms go away altogether. Thanks to Massage Fitness, my running has become much more comfortable.

May 18 2014, J.C. **Published**



Professional and up to date.

The massage fitness team is professional, curious, and well rounded. They are staying in the forefront if message therapy using very typical techniques that are tried and proven and some new.

May 17 2014, n.t. **Published**



Amazing Massage!

I had a massage with Jennifer after three weeks of knee pain and hardly being able to walk due to patellar tendonitis. My pain is about 90% gone (after one massage), and I'm finally at a place where I can rehab my knee. I'd definitely recommend Massage Fitness, especially for athletes!

May 12 2014, T.N. **Published**



Wow!

Jennifer is just the very best! I limp in and walk out after my time with Jennifer just delighted with the results. She must not move away as no one can so successfully put me back in top form as Jennifer consistently does. I am so thankful for her talents.

May 12 2014, mary smith **Published**



Great massage

Massage fitness does a great job of working on my problem areas. They have alleviated all the pain associated with my tendonitis and IT band issues!

May 5 2014, KR **Published**



Awesome Massage!

Great experience and I will definitely return! It's such a convenience to have experienced massage therapists in your home town. If you're an athlete this is a great place to make a visit

Apr 22 2014, joseph gray **Published**



massage

aaaaaamaaaaaazzzing!!! ashley was very intuitive and receptive to my needs. i would definitely recommend this service to all my friends, and i do!

Apr 11 2014, anthony mallory **Published**



Great massage

Great massage! Already have booked my next one! A good massage therapist can be really challenging to find but Jennifer at Massage Fitness is amazing. Period. Look no further for relief for aching, sore and tired muscles.

Apr 4 2014, A.S. **Published**



Piriformis Treatment

Jennifer worked hard and I felt my muscles responding to her physical manipulation. A short run the next day proved it worked. After months of "protecting" a nagging condition, I was able to focus on my training goals once again.

Apr 3 2014, Jon Cornick **Published**



Nicest part of my day!

Ashley is wonderful at getting my knots out and massaging my problem areas. She gives the best massages in a very relaxed environment. I always look forward to seeing her!

Apr 1 2014, Jalinda G **Published**



Soooooo relaxing

Sarah always gives me a wonderful massage. She listens to my needs and wants and follows through. I appreciate her concern for my general health and for my need for relaxation. Thank you, Sarah

Mar 27 2014, sharon swint **Published**



Jennifer is terrific

Jennifer is a truly amazing masseus. She worked specifically on both shoulders (2 rotator cuff surgeries) and my lower back. She gives a firm deep massage without being painful. No wonder she works with the US Olympic Female Hockey Team. I would absolutely recommend her to anyone.

Mar 8 2014, Steven S **Published**



Best Massage Ever, thanks Sarah

Best overall massage of twenty years for chronic back pain. Sarah worked the knots out of my sore right shoulder and lower back, while explaining how the therapy works through muscle compression spurring increased blood flow that removes toxins. Most importantly Sarah discussed post-injury prevention by proper hydration for best results. I am happy with the therapy, prices and will request their services again.

Feb 23 2014, Steve Marchman **Published**



Ashley Gieck

Ashley was absolutely wonderful! I had a very tight back from swimming, and after the athlete's massage my back feels good as new. It was so relaxing, and she definitely makes you feel at home!

Feb 9 2014, S.F. **Published**



Thank you, Ashley!

Ashley's massage was exactly what my neck and shoulders needed...the way she just sat on those attachment points and melted those knots away, it was amazing. I left on an airplane that same day and felt great for the whole trip. I can't wait for my next one. Thank you Ashley!

Jan 25 2014, Sarah **Published**



Sooooo good

Jennifer is an amazing massage therapist, especially for athletes and people that are willing to have a real deep tissue massage. She is extremely thorough and in tune with every muscle fiber that her hands touch. I definitely recommend Jennifer and Massage Fitness.

Jan 24 2014, Tracy H **Published**



Super Sarah

I went in with a painful hip flexor that prevented me from running. It hurt even to shift while I was sitting or lying down. I walked on glass waiting for that stabbing pain. I saw Sarah who eradicated the issue. I didn't even feel that flexor on my run the next morning. She fixed it 100%.

Jan 18 2014, Liz Koop **Published**



Amazing

Ashley is amazing. She worked her magic hands on my hard as a rock tight neck and was able to release the tight knots by the time my hour was up.. What a difference. I can now move better and no pain. I feel wonderful again. Thank you sooo much.

Jan 15 2014, Fidelis V **Published**



Perfect touch

With having a herniated disc in my neck, I was experiencing a significant amount of pain. I knew I could trust Ashley to give me relief from my pain as well as do the necessary therapy to heal my body. Thank you so much Ashley, you did exactly that.

Jan 10 2014, Angela G **Published**



Awesome

Came in feeling yucky-/ left feeling great! Attentive , good listener, thorough, comfortable surroundings.

Jan 4 2014, Laurie W **Published**



Fantastic massage

Another great massage by Ashley. She is great at pinpointing problem areas and breaking the knots down. She is the best!

Dec 30 2013, Jalinda G **Published**



Great relaxing massage

Wonderful massage. Sarah was very knowledgeable and gave some good suggestions for continued back health.

Dec 1 2013, Jennifer M **Published**



Treatment and relief consistency

MassageFitness demonstrates superb consistency in their muscle relief, and injury treatment massages. Certain muscle groups tend to get sore while targeting high mileage running weeks. Jennifer absolutely knows how to get the tension of them. That supports me to maintain the training routine. Big 5-star rating!

Nov 17 2013, Wout V **Published**



Therapeutic Massage

I had a specific complaint of low back pain, while training for a marathon. I stretched, foam rolled, iced, heat, etc. Finally my wife told me to get a massage. I told Sarah what was bothering me, she worked on it, and this is the best I've felt in weeks...the pain is gone. She did an amazing job of finding the troubled areas, worked on those, and I am so grateful (as is my wife).

Nov 15 2013, Larry C **Published**



best massage yet

Great massage, the ladies here really know their stuff. Sarah did a great job finding my rotator cuff issues and helping with neck muscles..she can explain everything as she is doing it and takes extra time!

Nov 10 2013, Heather E **Published**



Best

Best sports massage ever. Thorough concerned patient and competent. Thorough knowledge of muscle pathology and physiology

Nov 6 2013, s.w. **Published**

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Massage fitness

Wonderful service, very professional. I am looking forward to making my next appointment soon. Excellent.

Oct 31 2013, J.N. **Published**



Massage Fitness

I received a deep tissue, sports massage from Jennifer, the owner of Massage Fitness. She took great care of me, listened to what I needed specifically needed and made sure I was taken care of, start to finish.

Oct 21 2013, Brittni Hutton **Published**



Massage Fitness review

I am thankful for Sara Martinez. Her skills are amazing. I have never had a person work on pressure points before and although it is not the most enjoyable feeling, the results are amazing. I have back issues and recently had a flare up. Thanks to Sara the pain is almost gone. Thanks Sara for helping me with my horrible back pain.

Oct 3 2013, Stacy Martinez **Published**



Sport Massage at its finest!

Jennifer Chee is one of the best in the field. She knows how to target problem areas effectively to alleviate tension and pain that can limit training otherwise. Jennifer is quickly becoming well known in Colorado Springs for her expertise in Sport.

Oct 3 2013, Alicia K **Published**



massage

very nice. i especially appreciated the heated pad, since i'm always cold. the massage was just right. not too hard and not too light. jennifer knows what she's doing and worked on a few tight spots. will go again!

Sep 20 2013, Elisabeth Sommerdorf **Published**



Massage therapy

Jennifer Chee is an artful and well rounded massage therapist. She gave me my first massage since 2008. Her work is nothing less than remarkable. As a Physical Therapist, I am picky who works on me. She came very highly recommended and true to form did an amazing job on my muscles. I will certainly have Jennifer work on me again!

Sep 7 2013, Joe McCaleb **Published**



Referral

Jennifer was excellent working on exactly what I needed with my back and shoulders. She came highly recommended by my sister-in-law as well as an instructor at the downtown Y. I would recommend her to anyone needing a professional massage.

Sep 6 2013, Steven Steiner **Published**



Ahhhhh....

First massage in many years and Jennifer was wonderful! It definitely hurt in some areas that I knew it would but next day I felt great. I will be back and soon.

Sep 6 2013, H.M. **Published**



just what was needed

Sarah did a great job and keyed in on what I specifically needed focusing on the areas I knew I wanted attention and found some I even didn't. Wasn't just do a standard full body routine and done but engaged on what I wanted to get out of it. Will be back!

Jul 24 2013, Daniel M **Published**



Awesome

The very best, clearly! Thank you so much. My shoulder is feeling the best it has since the injury. Can hardly wait to visit again!

Jun 12 2013, kelly mcgrew **Published**



Wonderful!

Jill did a great job of working all the right spots. Just the right amount of pressure. I'll be back!

Jun 5 2013, Susan D **Published**



Ideal therapeutic massage

Jennifer provides the right therapy for each session, sensing what I need through both questions and touch.

May 23 2013, Steve R **Published**



Wonderful!

Jill is a phenomenal therapist. Her touch is strong but not TOO strong. She will find what ails you and fix it.

May 10 2013, S.M. **Published**



Jill has the magic touch!

I have had quite a few massages with Jill and my muscles have never felt better. She knows exactly what to do to relieve any muscle issues I have from my workouts. She also shows me stretches I can do to help relieve any soreness between massages. She goes above and beyond to help the client.

May 9 2013, Carol D **Published**



Jennifer is amazing!

I have been seeing Jennifer for massages since last year. I called her recently to explain that I have been struggling with Mononucleosis. Before I came in to have my massage, Jennifer researched a massage therapist's role in the treatment of Mono. She specifically tailored my massage to help my recovery from mono.

May 3 2013, Caroline Brown **Published**



Fantastic massage

I had my first of many massages to come with Ashley Gieck and it was awesome! Ashley is a highly skilled massage therapist and is very professional and caring, too. I highly recommend her - you won't be disappointed!

Apr 26 2013, L.P. **Published**



My life saver

Jen just keeps up with the high bar she set earlier while treating me. She provides instant relief when needed and helps my body to maintain the running mileage required for a sub 4:00 mile.

Apr 22 2013, Wout V **Published**



Jenn is amazing

I've a picky customer being a massage therapist myself. Jenn is an amazing massage therapist; very knowledgeable and has uses various techniques to achieve results! I always feel better after I walk out of her office.

Apr 19 2013, Lisa P **Published**



Excellent Sports Massage

If you are an athlete in need of a massage that promotes recovery and keeps your training on schedule, Massage Fitness is your place! Jennifer and team have been amazing at helping me through IT band issues. The massage fitness team keeps me running :)

Apr 10 2013, Kimberly Adams **Published**



Highly recommend!

Jennifer was welcoming, responsive and very effective. I will recommend her to others and come back!

Mar 21 2013, Jessamy Johnson **Published**



great massage and great service.

I received a wonderful massage from the massage fitness group. The massage was done in a very professional manner and the next day, I felt like I could run forever. Would definitely recommend Massage Fitness for good professional service and receiving a great massage.

Mar 17 2013, T.D. **Published**



Great

massage was very thorough, I would definitely love to come in on a regular basis! very friendly and professional.

Mar 6 2013, Adrian L **Published**



Awesome Massage

Ashley's massages are wonderful, relaxing and just what the body needs! She finds knots that I didn't know I had and when done I feel like a new person. Great hands, atmosphere and very relaxing!

Feb 27 2013, Jalinda Gieck **Published**



extremely versatile

Jennifer never ceases to amaze with her continued training and experience with varied clients and colleagues that keeps her on the cutting edge. Bottom line is she can adapt the massage for your needs at that time whether injured, need specific focus or just loosening up for an event.

Feb 12 2013, Daniel Matheny **Published**



Jill Mordhorst

Jill's knowledge of the muscle groups and wonderful touch provided me with huge relief, esp. in my shoulder area. She was great working with my schedule when making my appointment. Her warmth and calmness is very soothing

Feb 7 2013, C.D. **Published**



AAAAAH

Jill did a great job of finding the trouble spots and I walked out 98% better. She has a great touch

Jan 22 2013, Larry C **Published**



Wonderful

Jill was very helpful in understanding my concerns with my injury and she worked on resolving the problem, besides making me feel very relaxed and wonderful. Thank you.

Dec 29 2012, Fidelis V **Published**



Thank you

I think Jennifer has magic hands. She worked my sore hip and back muscles and did more good than the chiropractor I visited. Thank you

Dec 22 2012, C.L. **Published**



Hidden gem in Colorado Springs' athlete support

Second review after 4 consecutive months of routine visits. By now, Jennifer knows my muscle tension inside out. After logging 80+ miles a week, the weekly visit removes the stress and lactic acid out of my muscles. Jennifer knows what she does and what's advised to do in one single session. Can't train without her sessions anymore.

Dec 16 2012, Wout V **Published**



Jennifer is terrific

Helped my lower back and neck issues where physical therapy really didn't help much. Give her a try!

Dec 10 2012, Mary C **Published**



Jennifer Chee Fixed My Whiplash in 1 Massage

I was suffering from a fall and whiplash and by the end of my massage, I was back to nearly 100% range of motion. Jennifer ROCKS!

Dec 7 2012, Tom Zakrajsek **Published**



Massage/Jill Ingrid

I was suffering from back pain for the last week or so and had been wanting to get in. Jill was awesome.. I still have a little bit of the pain but I think I am on the road to recovery. Thanks Jill!

Nov 30 2012, Aster Knox **Published**



relief

Finally I have relief from a nagging hamstring which severely limited my running. Jennifer was wonderful! I also like that she told me what was wrong with it so I was braced for the pain. It is wonderful to be able to attend Cross fit and be able to freely move my leg. Sunday I will have a track practice and I am looking forward to strides with speed! I am just delighted and will return for more treatment so this does not happen to me again.

Nov 30 2012, Mary Smith **Published**



On cloud 9

Jennifer gave me my first massage the other day. Being an athlete I can't believe no one told me how beneficial it can/would be. The results really showed the following day as I was relaxed, happy and just felt more balanced. I will be getting these on the regular from now on. Thank you for sharing your passion Jennifer!

Nov 29 2012, aaron buechter **Published**



amazing massage

i got a massage from Scot yesterday and it was the best massage I've received ever. he listened to what i said was going on and addressed what i talked about and was focused on results. I'll definitely be coming back and telling friends.

Nov 27 2012, Liz P **Published**



Scott is wonderful

I have been to many massage therapists, and was still looking for someone who wasn't afraid to work on my calf muscles. Scott gladly jumped in, and did some incredible work (to include preliminary work on a recent tear), and I continue to feel improvement, the day after my massage. Thanks, Scott, I'll definitely be back!

Nov 13 2012, Holly G **Published**



Second to none

I have been to many massage therapists. As an athlete and working professional, I find my fair share of aches and pains-but mostly just stress. Jennifer is able to find these tight muscles and help to release them. It is clear she has an incredible understanding of the body, particularly areas that tend to bother athletes. I recommend her to everyone I know.

Oct 30 2012, Annie Pulford **Published**



Best.Massage.Ever.

I've had a number of therapeutic massages, and Jennifer is the best massage therapist I have encountered!

Oct 14 2012, Catherine H **Published**



Very Customized!

Jennifer was wonderful! She learns where your problem areas are and does a great job working out your kinks. She even takes time to stretch out any tightness for you. If you're looking for a great sports massage this is the place for you!

Oct 6 2012, Amber H **Published**



Sports massages as it should be

Jennifer takes the time to know her client. The deep tissue massage helps very active clientele to recover faster and prevents injuries. Best massage I had since my relocation out of Europe! Just great!

Sep 15 2012, Wout Vandegaer **Published**



Effective

Jenn concentrates on any problem areas you may have. If you dont know what those are she will find them for you without sacrificing the rest of your bodys needs.

Aug 27 2012, nick **Published**



What a Relief!

Jennifer does a fantastic job relieving my back pain. I have been going to her for about 3 years and she knows how to find those tight spots and release the tension. She is extremely knowledgeable about the body and very comfortable to work with. I highly recommend her!

Aug 27 2012, M.C. **Published**



Excellent massage

Outstanding massage from Jennifer. She worked most on the areas I suggested, was pleasant to talk to and was knowledgeable and professional.

Jul 27 2012, Jim Turner **Published**



Attentive

Jenjifer is great. She concentrates on any problem areas you are have. Always asks how you are feeling so you can tell her what is wrong or right with you.

Apr 24 2012, n.t. **Published**



Professional Service

I was very impressed with the professional service that Jennifer provided me during my very first massage with her this weekend. I will for sure be back for more.

Apr 23 2012, Sarah **Published**



One of the best

Jennifer Chee is an excellent sports massage therapist. She knows when to dig deep, and when to back off. I booked an hour with her and she cheerfully worked a little longer than that because I needed it! I highly recommend her.

Feb 4 2012, Bob **Published**



Amazing!

I came into to see Jennifer based on many stellar recommendations. I am so glad I went in! Jennifer is knowledgeable and experienced. She listens to you and attends to detail. I am so pleased with the massage I received. Wow!

Jan 20 2012, Leslie **Published**



Shoulders thank you

Thank you for a most excellent massage. My right shoulder feels better today and my hamstrings are not so tight. I went for an easy bike ride today and nothing complained.

Aug 25 2011, Carol Lyndell **Published**



Consistency

I return to Jennifer for a monthly massage to stay in top running condition! I don't know how she hits every muscle known and unknown in one hour but she does.

Jun 10 2011, Liz K **Published**



massage review

Jennifer Chee provided a great massage. Relaxing atmosphere, kept asking if pressure was okay, focused her time well based on the areas that needed the most attention.

May 23 2011, Scott Perry **Published**

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The extra mile!

After a few rough weeks of ultra mtb racing, traveling, car camping, crewing for athletes in the feed zones, all ending with a 12hr mtb race; i didn't think the wrath could be unwound. Jennifer did her thing and made me feel like a champ again. Will definitely be back in post-Growler.

May 12 2011, Daniel M **Published**



Can breath easier

Jenn is so awesome! She's knowledgeable and the massage was perfect to release tension throughout my back and shoulders. I have been slightly short of breath the last few days; she worked on my serratus anterior and immediately, I was able to take deeper breaths. :)

Apr 3 2011, Lisa Perez **Published**



Amazing and Relaxing Massage!

I am a 25 year old athletic female. I am currently in the middle of 90 vigorous days of p90x. I went in with a terrible knot in my back... Not only was Jennifer able to relieve the knot, she also performed the best full body massage I've ever had. I highly recommend going to Jennifer Chee. I know I will be a regular customer!

Feb 5 2011, Sarah C **Published**



Shoulder mobility

Ms. Chee restored mobility and reduced pain in my shoulder in an expert and professional manner; I will definitely visit again for treatment when I am in town.

Oct 26 2010, Travis W **Published**



Friendly and Knowledgeable

I received a fantastic post race massage from Jennifer. All I have to do is point to my problem areas and she never fails to identify the cause and relieve the pain. She is so friendly and knowledgeable, I would recommend her to everyone!

Oct 14 2010, Liz Valentine **Published**



Fantastic!

Very easy to book appointments, great communication followed with a fantastic, deep tissue massage that really helps recovery. Highly recommend. Great job of focusing on sore, injured areas to speed healing. Jenn Rocks.

Oct 12 2010, Roger **Published**



Injury Prevention

My daughter is a figure skater and sees Jennifer weekly for a deep tissue massage . She is amazing in knowing how to relieve pain from minor injuries. She has helped my daughter conquer tendonitis, various foot pain, tailbone injury and other various pain. She skates six days a week and we feel that the weekly massage is a great injury prevention strategy.

Oct 10 2010, McKinzie D. 6/12 at 4475 Stonehaven Dr **Published**



Excellent

Awesome massage, definitely feel better and have a lot less tension after leaving each session. Jennifer Chee is probably the nicest and most professional massage therapist you could ask for.

Sep 21 2010, Patrick Valentine **Published**



Hamstrung

I have been dealing with a tight hamstriing and knotted glute for more than six months. I tried six weeks of physical therapy and continued the stretching regimen, but still hurt. My running form was deteriorated, as well. After one appointment with Jennifer I was 75% better; after my second visit I'm 80% better. At this rate, I expect to be 100% healed in time for my race! My lower back has relaxed and my running form is back!

Aug 3 2010, Liz **Published**



Thanks a bunch!

The massage felt GREAT and the day after was wonderful but the next evening I began having the tightness in my VMO/IT band that I was explaining to you. Not sure why... any insight as to why this could be the case?

Jul 1 2010, Brady Irwin **Published**



Knows her stuff!

Jennifer has superior knowledge of the anatomy and physiology of the body and how massage therapy enhances all aspects! She is concerned in helping her clients receive the full benefits of massage work.

Jun 22 2010, Christina Moore **Published**



Ahhh

Jennifer as great and was always checking to make sure pressure was correct while hitting the key spots that I needed as an athlete. Anything I wanted her to work on, she did. Will definitely be back in there as the season progresses.

Jun 8 2010, Daniel Matheny **Published**



Excellent

Jennifer did a great job. This was my first massage from her and it was one of the best massages I've ever had. I've got injury I'm rehabbing from and she was able to target that and I'm feeling a lot better with a lot better range of motion now. Highly recommend.

May 27 2010, Renee Eastman **Published**



Fantastic Sports Massage

The pressure was fantastic. That seems to be my biggest complaint with "sports massage," in that they don't feel much different than what you get at a spa. Jennifer took excellent care and the pressure she uses is perfect!

Apr 12 2010, Liz Valentine **Published**



Sports Massage Miracle

Jennifer's hands are a magical force. Shin splints, and intense hip pain are gone! It was worth the discomfort of her working her magic on my tired legs!

Apr 6 2010, Winston Sauber **Published**



Expert Massage

Truly remarkable technical massage. Jennifer completely removed both my pain and stress, in a relaxing and comfortable environment. Looking forward to my next appointment!

Mar 26 2010, Darlene **Published**



Incredible!

We always look forward to massages, but there's nothing like getting a massage from Jennifer Chee! I feel so good after each session. She's worked my muscles thoroughly, but I feel incredibly relaxed at the same time. If you haven't tried her, you'll love her!

Mar 10 2010, Lisa **Published**



great!

I am always completely relaxed after my massage. This past time I got a full body massage with concentration on my shoulders. I am a nurse and hold all the the tension from work in my shoulders and neck. It was awesome and Jennifer is great!

Feb 21 2010, Jennifer Aho **Published**

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