



Meet our Therapists

Ellen Kay has been a massage therapist for 22 years. She understands the importance for an individual to be aware of one's body on a daily basis. She brings both massage and Pilates skills to the Athletic Department team. Pilates and massage will assist in body awareness as well as giving the benefits of long, lean muscles. Her experience ranges for health clubs to working with the Milwaukee Ballet. Ellen believes each person can achieve a healthy, balanced body through a strong core, improved posture, back strength and improved mobility.

Sarah Schneider has been a massage therapist in private practice since her graduation from Lakeside School of Massage Therapy in 2001. Her training was primarily in Swedish techniques, but also included myofascial and energetic therapies. Realizing the wide range of client's needs, from subtle to deep pressure work, her approach to massage is both eclectic and adaptable.

Jesse McAfee excels at helping the body heal and operate at peak performance. He has been massaging and tuning muscles since 2001, including 6 years with the NFL Atlanta Falcons and the NBA Atlanta Hawks. Jesse enlists a range of massage techniques including shiatsu and muscle activation.