

STRETCH



JOIN AND SAVE

6 MONTH BASIC MEMBERSHIP

\$80

60 min sessions – \$79 each

6 MONTH PREMIUM MEMBERSHIP

\$120

- 60 min sessions – \$79 each
- Two 30 min infrared sauna sessions per month,
- 10 min foot reflexology included in each stretch session. (request at booking if needed)

NON-MEMBER SESSIONS

60 MINUTE SESSION - \$115

INTRODUCTORY OFFER

:: Must call to book this one time session ::

60 min Stretch session \$50.

First session only.

Why Stretch?

Flexibility & Mobility

Keeps muscles flexible, long, and lean, which is crucial for overall mobility and preventing age-related stiffness

Injury Prevention

Prepares muscles for activity, reducing the likelihood of tears or strains.

Reduced Muscle Soreness

Increases blood flow to muscles, which aids in recovery and reduces pain.

Improved Posture & Less Pain

Helps reverse muscle tightness from sitting, particularly in the shoulders, back, and hips.

Stress Relief & Relaxation

Triggers the release of endorphins, lowers stress hormones, and activates the parasympathetic nervous system.

MEMBERSHIP FEES ARE NON REFUNDABLE & NON TRANSFERABLE

MEMBERSHIP REQUIRED BEFORE FIRST DISCOUNTED SESSION

50% DEPOSIT REQUIRED AT SESSION BOOKING. 24 HOUR CANCEL OR DEPOSIT IS FORFEITED.

ANY CANCELLATION WITHIN 4 HOURS OF APPOINTMENT WILL RESULT IN FULL SESSION CHARGED.