

Increase Your Range of Motion & Flexibility, Address Muscle and Joint Pain with...

Individual Stretching Sessions

A consistent and personalized stretching routine can help you understand your body's stretch reflex, allowing you to increase your active range of motion and move farther without feeling a stretch.

An Individual stretching session includes a deep and extensive full body stretch that focuses on all major muscle groups and extremities. It can help target specific areas of discomfort or address problems with current or past injuries. It can also help increase your range of motion beyond what you can achieve by stretching on your own.

Chris M

- ▶ 3+ Years of Personal Training Experience
- ▶ 2+ Years of Continuing education in Stretch Theory and Education
- ▶ Over 1000+ Hours of hands-on stretching experience



Shelby

- ▶ 80+ hours of written and hands on body work training
- ▶ 600+ hours of assisted one-on-one stretching with clients ranging from 11-80 years of age



INDIVIDUAL STRETCHING SESSION RATES

	Member	Guest
SINGLE SESSION PRICING		
30-minutes	\$40.00	\$55.00
60-minutes	\$70.00	\$90.00
5 SESSIONS PRICING		
30-minutes	\$180.00	\$250.00
60-minutes	\$325.00	\$425.00
10 SESSION PRICING		
30-minutes	\$330.00	\$450.00
60-minutes	\$550.00	\$800.00

For more information or to book your session contact Chris via email at cmcdonald@nifs.org, Shelby at sgraves@nifs.org or call 317.274.3432 ext. 262.

