

PERSONAL STRETCH

INTRODUCING PERSONAL STRETCH

Our program offers a dynamic and personalized approach to wellness through a combination of 25 and 50-minute assisted stretch sessions, complemented by Theragun massage therapy.

The 25-minute sessions focus on delivering a fundamental total body stretch and the Theragun massage is tailored to individual goals. For those seeking an even more immersive experience, the 50-minute sessions offer enhanced stretches, increased Theragun engagement, and a deeper level of relaxation.

BENEFITS:

Enhanced Flexibility

Targeted stretches work to improve overall flexibility and range of motion.

Stress Reduction

Theragun massage combined with assisted stretching creates a holistic approach to stress relief, promoting both physical & mental relaxation.

Improved Circulation

The program supports increased blood flow, delivering vital nutrients to muscles and aiding in recovery.

Injury Prevention

By addressing muscle imbalances and promoting proper alignment, our sessions contribute to injury prevention.

Customized Experience

Each session is tailored to individual needs, with a focus on specific areas of concern and personal wellness goals.



Located inside Universal Athletic Club
2323 Oregon Pike · 717-569-4754
www.UniversalAthleticClub.com

INTRODUCTORY STRETCHING OFFER

\$20 OFF A \$25 MIN. SESSION
(Now \$29 · Reg. \$49)

Call 717-569-4754 to claim your stretch!