

Service Details

The Centre Club Stretch Well service is a truly unique stretching experience. Much different from stretching at home, assisted stretching offers a personalized routine performed by a trained practitioner.

Stretching has many benefits, including improving flexibility and physical performance, relieving muscle tension to avoid aches, increasing range of motion, and reducing injury. Most importantly, stretching improves mobility which is utilized in everyday activities.

NEW Our Stretch Well service now includes Percussion Therapy

Percussion Therapy is a massage technique using a handheld device that treats muscle soreness by delivering strong pulses and vibrations into the muscle tissue.

Release tension and fluid build-up deep in the muscles and increase blood flow and lymphatic circulation with **Percussion Therapy**.



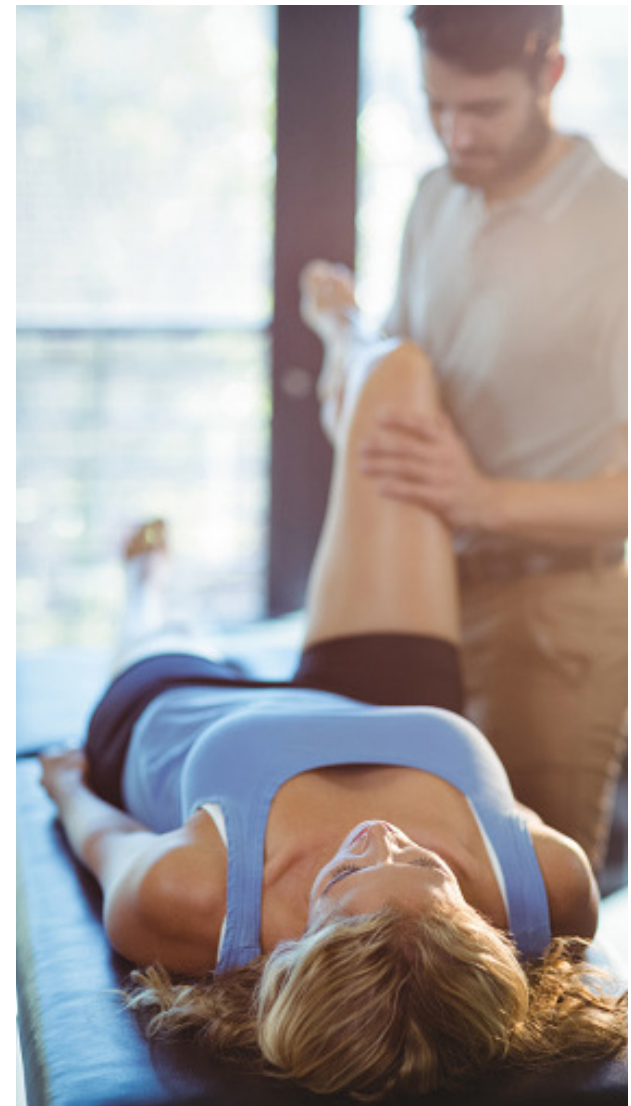
 Advocate Condell Medical Center
Centre Club

Contact Us

1405 Hunt Club Rd.
Gurnee, IL 60031
847.625.4750
advocatecondellcentreclub.com

Hours of Operation

Monday – Friday: 5 a.m. – 9 p.m.
Saturday and Sunday: 6 a.m. – 6 p.m.



Stretch Well
Release, Recover, Restore

 Advocate Condell Medical Center
Centre Club

Stretch Well and Often

Assisted stretching with a professional practitioner can help you tackle even the most minor muscle aches.

Aside from working out, typical tasks such as sitting down, performing household chores, being active with family, yardwork and more can cause muscle fatigue and tightness.

A 30-, 45- or 60-minute assisted stretching session can help you release tension, recover faster, and restore strength.

Be prepared to move more efficiently after each session. We'll do all the work while you reap all the benefits.



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Assisted stretching is a great way to address chronic pain and stiffness, in addition to lowering the risk of injury or reinjury.

Many individuals stretch incorrectly, if at all, or even hold stretch positions longer than necessary, causing adverse effects on the muscles and joints.

With assisted stretching performed by a professional practitioner, individuals can safely and correctly perform various supported movements and attain a deeper stretch.

Session Length

30-minute
45-minute
60-minute

Location

Centre Club – Gurnee

Session Pricing

30 minutes - \$37
45 minutes - \$49
60 minutes - \$63

Sessions are with Jodi Ryczek, NASM CPT, SFC, SFS.

Packages are available.

Benefits of Stretching with a Certified Stretch Practitioner

- Improved posture and balance
 - Increased range of motion
 - Improved performance
 - Decreased pain and stiffness
 - Reduced risk of injury
 - Improved circulation
 - Increased blood flow
 - Enhanced flexibility and mobility
- ...and more!



Ready To Book?

For more information or to book your session, stop by the front desk, or reach out to Jodi by phone at 847.625.4764, or email jodi.ryczek@hfit.com.