

MOVE | PLAY | LIVE BETTER

STRETCHLAB



Why StretchLab?

We provide one-on-one assisted stretching to help you move with less pain and more flexibility. Our trained Flexologists will assess your body's imbalances and tight spots and create a custom stretch plan just for you.

Benefits of Stretching

Regular assisted stretching helps you move through life with more ease!

- Improves range of motion and flexibility
- Reduces pain and tension
- Supports recovery & sports performance
- Lessens risk of injury
- Improves posture and balance



MARIN COUNTY WELLNESS REDUCED STRETCH RATES

Intro Stretch (50-min) \$49 (1x only)

4x25-min Membership \$189/mo

4x50-min Membership \$309/mo

Contact studio to purchase.

Memberships are specific to each individual studio (no cross studio visits at this time.) Must show Marin County proof of employment.

STRETCH WITH US!

Learn more at stretchlab.com

STRETCHLAB GREENBRAE

☎ 415-448-5572

📍 228 Bon Air Center, Greenbrae

✉ greenbrae@stretchlab.com

STRETCHLAB NOVATO

☎ 415-506-4337

📍 430 Ignacio Blvd, Novato

✉ novato@stretchlab.com

STRETCHLAB MILL VALLEY

☎ 415-649-6038

📍 800 Redwood Hwy, Mill Valley

✉ millvalley@stretchlab.com

LIVE LONG