



# ACTIVE ISOLATED STRETCHING

Recovery is key to a great workout. Optimize your fitness routine by incorporating Active Isolated Stretching (AIS) with certified therapist, Will Thompson. Active Isolated Stretching utilizes ropes, straps, and pillows to assist with isolating specific muscle groups to elongate muscles and achieve the ultimate stretching experience. During AIS, stretches are only held for two seconds but are repeated 10 times. AIS will help your body recover faster and increase your overall flexibility and range of motion. Flexibility will reduce the risk of injury and lead to improved mobility.

Recover faster, perform better. Register for an AIS session at Merritt Clubs - White Marsh today.

**30-minute session: \$45 • 60-minute session: \$70**

For more information or to schedule a session, contact Will Thompson at [wthompson@merrittclubs.com](mailto:wthompson@merrittclubs.com).

Connect with us!

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