

Legends Golf & CC Fitness Center

DEEP STRETCH

**Improve Flexibility,
Minimize Pain & Injury!**

Deep stretch sessions improve joint mobility, lengthen tight connective tissue, and reduce physical pain. They also lower stress by relaxing the nervous system.

BENEFITS:

- Better flexibility
- Less joint stress.
- Improved posture
- Pain relief



CALL B POWERFUL TODAY 941-504-4767



FOR MORE INFORMATION ABOUT
B POWERFUL FITNESS CENTER
DEEP STRETCH, 1X1 SERVICES,
EVENTS, & STAFF BIOS SCAN QR
CODE WITH CELLPHONE

