



A.B.S Specialists

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Contact any of our Personal Trainers to set up your own sessions or the Fitness Director, Dustin Davis at (707) 521-2491 and he can help you select the most appropriate trainer for your needs.



Fees

Choose from any of the package options below. Your trainer can help you to determine the best session length to suit your needs.

15-minute Sessions

- Single Session - \$25.50
- 4 Sessions - \$94
- 8 sessions - \$154

30-minute Sessions

- Single Session - \$36.50
- 4 Sessions - \$138
- 8 sessions - \$240

45-minute Sessions

- Single Session - \$47.50
- 4 Sessions - \$182
- 8 sessions - \$328

60-minute Sessions

- Single Session - \$58.50
- 4 Sessions - \$212
- 8 sessions - \$396

The above are member rates. For non-member rates, please contact the Service Desk.



Active Body Stretch



Reduce your risk of injury, increase flexibility and feel great...



Airport Health Club

432 Aviation Boulevard, Santa Rosa, CA 95403



Active Body Stretching

What is Active Body Stretching?

Active Body Stretch (ABS) is a personalized one-on-one stretching program designed to correct posture, reduce and prevent injury and relax the body.

Using PNF stretching as well as myofascial release ABS is on the cutting edge of health and wellness.



PNF stretching is currently the fastest and most effective way known to increase static-passive flexibility.

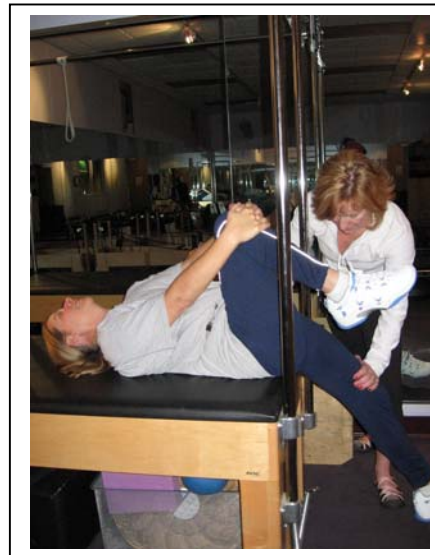
PNF is an acronym for proprioceptive neuromuscular facilitation. It is not really a type of stretching, but a technique of combining passive stretching and isometric contraction in order to achieve maximum static flexibility.

Who Can Benefit from Active Body Stretching?

Everyone from beginning exercisers to elite athletes can receive multiple benefits from this program.

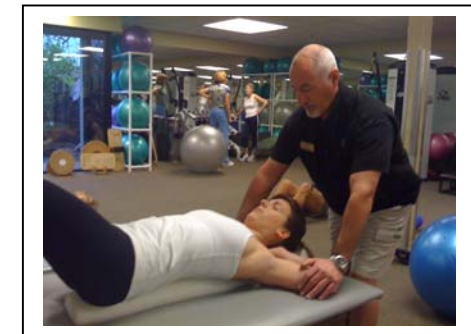
It is a great option for anyone looking for:

- Customized stretching programs
- Sport-specific stretch training and therapy
- Injury recovery and prevention
- Increased range of motion, flexibility and muscle stimulation – ideal for seniors and children.
- Relaxation – sit back, relax and enjoy the stretch.



Benefits of A.B.S.

PNF stretching employs the skills of a qualified professional to provide resistance against the isometric contraction and then later to passively take the joint through its increased range of motion.



Myofascial Release, which is a very effective hands-on technique, provides sustained pressure into myofascial restrictions to eliminate pain and restore motion.

These myofascial restrictions are usually small areas of pain and tightness that can be caused by physical trauma, scarring, or inflammation, through which fascia loses its pliability. It becomes tight, restricted and a source of tension throughout the body.

A.B.S. can greatly relieve stress, tension and postural misalignment. Contact one of our A.B.S. Specialists today for more information on what this dynamic new program can do for you.