



Maria Kourkoutos,
Certified Stretch Coach

Thrive is excited to introduce Middletown's first stretch lab, available to anyone who wants to GET STRETCHED! Assisted stretching will improve your range of motion & flexibility, reduce pain & tension, and get you moving better, faster.

Enjoy a 25 or 50 minute one-on-one stretch with our certified coach that is customized to fit your individual needs. Some clients are looking to improve their sports performance, some are looking to decrease joint pain and others simply just want a great stretch. Maria is an expert at focusing on problem areas or targeting certain muscle groups based on your needs.

Get Your Stretch On

**First time introductory session:
25 minute stretch for \$20**

Single session purchase:

- 25 minutes: \$50
- 50 minutes: \$70

Packages- Choose from these 6 options for optimum discounts!

3 packs:

- 3, 25 minute sessions \$135
- 3, 50 minute sessions \$195

(Must be used within 30 days)

10 packs:

- 10, 25 min package: \$400
- 10, 50 min package: \$560

(Must be used within 3 months)

Phone: 302-834-8400

Social Media: @thrivemiddletown

Visit us today at www.thrivemiddletown.com

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