



FITNESS WITH ERIKA



Assisted Stretch

1 ON 1 SESSION

50 minute sessions

\$70 Members

\$80 Non-Members

*Fee is per session

REGISTER NOW!



One on one hands on experience where client will conduct proper breathing while being manually stretched, lengthened and strengthened. This session is relaxing and beneficial to overall mobility, flexibility and longevity in daily movement. Maneuvers are done on a massage table mostly lying down with some seated positions.

5 Lobaugh Street, Oakdale, PA 15071