



All AquaStretch sessions are offered in our warm indoor pool, with an average year round temperature of 86 degrees.

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How many sessions will I need?

Whether a beginner exerciser or elite athlete, AquaStretch works will in conjunction with any fitness program. For most people, an AquaStretch wellness programs consists of two stages:

\*Restoration: 1-2 times per week to restore flexibility.

\*Maintenance : once every month or two to preserve flexibility and wellbeing.

Recommended packages will be based on individual needs.



Aqua Stretch Packages are bundled in 2 x 1 hour sessions.

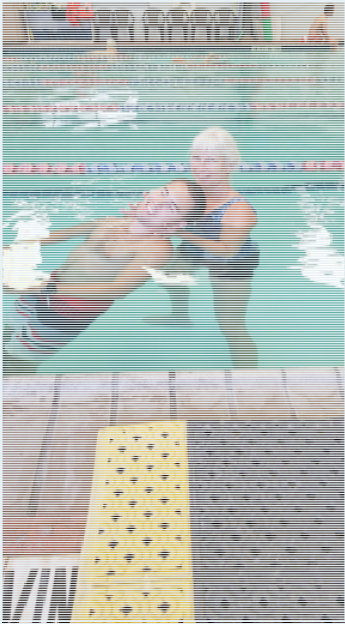
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and Aquatic Center  
14690 Memorial Drive  
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281-497-7570  
[www.fitmacaquatics.com](http://www.fitmacaquatics.com)

Primary Facilitator:  
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## AquaStretch Program @ Memorial Athletic Club & Aquatic Center



MEMORIAL ATHLETIC CLUB  
AND AQUATIC CENTER



## EXERCISE SHOULD FEEL GOOD

In the comfort of warm shallow water, a Client will experience:

- A series of head-to-toe stretches
- Permission to initiate and direct each stretch with the assistance of their Facilitator
- Use of the water's support to freely move into stretch positions that cannot be duplicated on land.
  - The power of the AquaStretch technique to improve movement and health!

### What our MAC Clients Are Saying About AquaStretch!!

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I had my first session of AquaStretch when I was in severe pain with sciatica. I continue with the sessions on a weekly schedule. The leg stretches and other leg movements that Donna does help loosen the tight muscles. The figure 8 hip movements add additional flexibility to the lower part of my body. I especially need the neck and arm stretches because I work in my garden a lot and all my upper body muscles get tight. Hanging (with leg weights) at the end of the session helps relax me. Anyone who is looking for pain management should try AquaStretch.

*Nolia*

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"I suffer from neuropathy. With Donna's help I have been able to regain about 35% more Mobility. I would strongly recommend her services to whomever should require them."

*Conrad*

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"I resorted to Aqua Stretch after dealing with muscle tension and a series of shoulder and neck issues from years of working on a computer and lots of cardio and weight lifting. Aqua Stretch is like being stretched by an athletic trainer, only instead in the water. After one session, my muscle tension and pain were significantly reduced. I felt immediate relief from the pain and tension. The sense of relaxation after the session was better than any massage. By the end of the third session, I had improved flexibility and mobility beyond my expectations. Donna was great at explaining the process and listening to me and working with my physical issues."

*Ann*

### AQUASTRETCH For Fitness and Wellness!

AquaStretch is an assisted stretching and myofascial release technique that frees the body of restrictions that limit flexibility and may cause pain with movement.

Benefits include:

- Feel calm, loose, mellow and mobile
- Restore flexibility lost due to injury, surgery or training
- Relieve muscle soreness and speed recovery from overuse or intense exercise.
- Improve sports performance and reduce injury risk by optimizing range of motion.
- Increase general wellbeing and quality of life, including better sleep and reduced pain.
- Relief from pre-disposed development of fascial adhesions, such as Fibromyalgia.

