



STABILITY & BALANCE FST

Feel better. Move better. Live Better.

Fascial Stretch Therapy (FST) is a gentle, assisted stretching technique that targets fascia - the connective tissue that links your entire body. It's the key to pain-free movement, improved flexibility and better balance.

At **The Northwood Club**, our licensed FST practitioners offer personalized sessions which include

- Multi-planar stretching
- Traction and breathwork
- Pain-free range of motion

Now available to all members.

**Ask about Stability and Balance FST at the front desk to
book your session today!**