



THE *Fairmont*  
CHATEAU WHISTLER

MAXIMUM MOBILITY = PEAK PERFORMANCE

Professionally Guided  
**RESISTANCE TRAINING**

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**\$57 for a 30-minute session**

- Gentle stretches target the limbs, back, hips and neck
- Designed to restore mobility and range of motion to the entire body
- Perfect before and/or after any physical activity

**TO BOOK**

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Contact The Fairmont Chateau Whistler Health Club at **(604) 938 2044** or e-mail **[cwr.healthclub@fairmont.com](mailto:cwr.healthclub@fairmont.com)**

## Stretch away tension and stress

*Jack be nimble, Jack be quick...* Jack must have knew all about Guided Resistance Training. Gaining maximum flexibility, strength, posture, health and mental fitness is just a stretch away.

Facilitated by Fairmont Chateau Whistler's certified trainers, guided resistance stretching focuses on muscles that are constantly overworked and helps strengthen the muscles that are often ignored. Muscles that are tight cannot be expected to go through their full range of motion.

To perform at their optimal function, assisted stretching will lengthen the muscles, reducing pain and re-open neuromuscular pathways.

Achieve your peak performance, book your 30-minute Guided Resistance Training session today!