

## Spokane Stretch and Wellness - Spokane

spokane

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## *Spokane Stretch and Wellness - Spokane*

### **Discovering Spokane Stretch and Wellness: A Gateway to Flexibility and Well-being**

Spokane Stretch and Wellness, located in the heart of Spokane, Washington, offers a unique approach to health and fitness through specialized stretch therapy. With an emphasis on **\*\*accessibility\*\***, the center ensures that everyone can benefit from its services, including those with mobility challenges.

## **Accessibility Features for Everyone**

One of the standout features of Spokane Stretch is its commitment to making the experience inclusive for all. The facility boasts a **\*\*wheelchair-accessible entrance\*\*** and a **\*\*wheelchair-accessible car park\*\***, allowing easy access for individuals with disabilities. This thoughtful design choice reflects the center's mission of promoting wellness without barriers.

## **The Transformative Power of Stretch Therapy**

Many clients have shared their positive experiences with Becky, the skilled therapist at Spokane Stretch. Individuals new to stretch therapy often find themselves pleasantly surprised by the profound benefits. One client described how, despite being skeptical initially, they felt remarkably relaxed after just one session. This highlights how Spokane Stretch is not just about physical flexibility but also about achieving mental peace. Becky's holistic approach focuses on understanding each client's unique needs. For instance, one customer stated, "She listens to your needs and delivers providing relief," showcasing Becky's patient-centered methodology. Others praised how the deep stretches alleviated chronic pain and improved mobility, especially for those who lead more sedentary lifestyles or are recovering from injuries.

## **A Calm and Relaxing Environment**

The ambiance at Spokane Stretch contributes significantly to its effectiveness. Clients often mention how the environment fosters relaxation, enabling them to let go of stress and focus on their body's needs. As one enthusiastic reviewer noted, "It was a relaxing 50 minutes that went by too fast," emphasizing the importance of the therapeutic experience offered at the center.

## **Why Choose Spokane Stretch?**

With a growing clientele, Spokane Stretch stands out for its personalized approach to health and wellness. Reviews consistently highlight Becky's expertise and dedication. Phrases like "gentle but strong" and "knowledgeable" frequently appear in testimonials, reflecting her ability to cater to specific pain areas while creating a comfortable atmosphere for clients. In summary, Spokane Stretch and Wellness is more than just a fitness center; it's a sanctuary for anyone looking to improve their physical well-being and overall quality of life. Their accessibility features ensure that everyone can join this journey toward better health. Whether you're seeking relief from chronic pain or simply aiming to incorporate more stretching into your life, this center provides a welcoming space to start.

## **We are located at**

7 S Howard St Suite 210, 99202 Spokane, Washington - United States (US)

The contact phone of the respective **Fitness center** is +1509-842-0235  
And if you want to send a WhatsApp, you can do so at +1509-842-0235

## **We are open during the following hours:**

Day	Hours
Monday	9?AM–6?PM
Tuesday	9?AM–6?PM
Wednesday	10?AM–6?PM
Thursday	Closed
Friday	Closed
Saturday	Closed
Sunday	Closed

The website is [Spokane Stretch and Wellness](#)

In case you want to update any data that you consider is not accurate related to this web, we kindly request send us a message and we will fix it as soon as possible. Thank you in advance thanks for your cooperation.

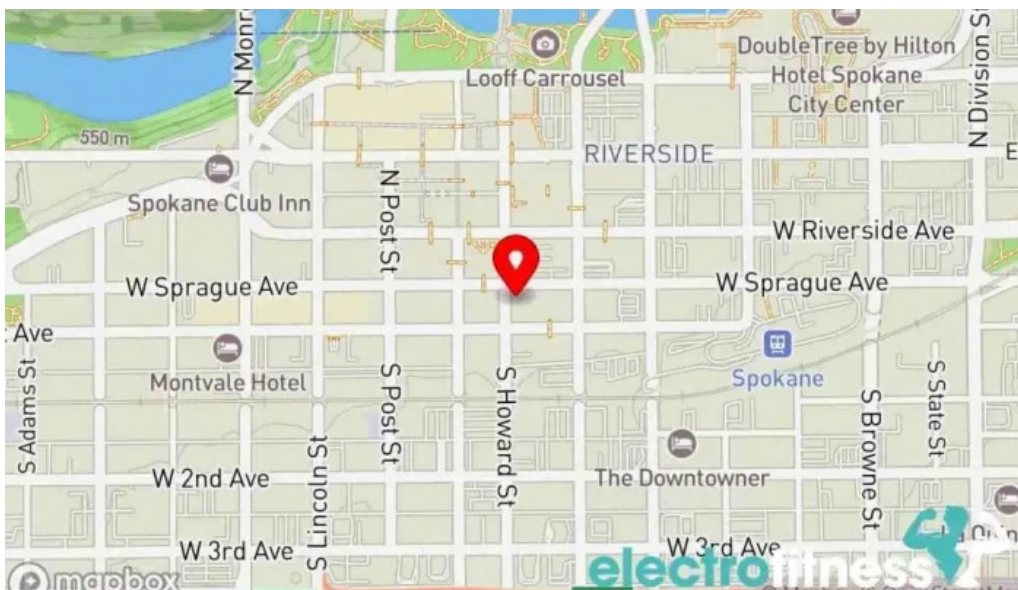
## **Images**



*Spokane stretch and wellness street view 360deg*



*Spokane stretch and wellness spokane*

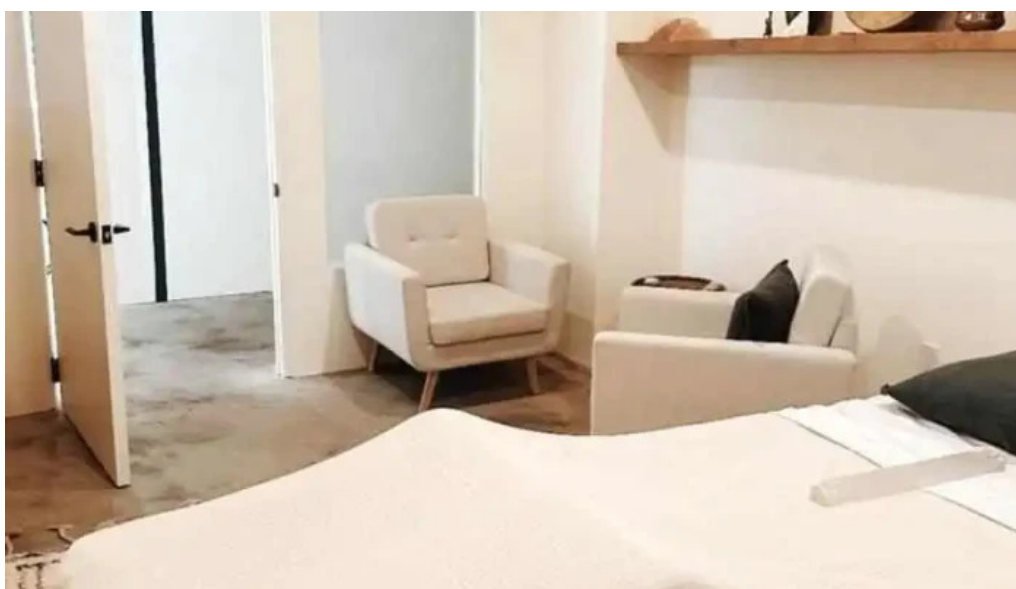


*Spokane stretch and wellness map*





*Spokane stretch and wellness by owner*



*Spokane stretch and wellness all*

## Tags

*Accessibility, Wheelchair-accessible entrance, Wheelchair-accessible car park*

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after school program
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amusement park ride
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basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
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counselor

country club
coworking space
cultural center
dance company
dance school
day spa
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
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food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
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health spa
hiking area
hospital
hotel
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jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school

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massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store



sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
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vitamin & supplements store
weight loss service
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wellness center
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