

Le STRETCH

Corporate Wellness

Reenergize your company culture and colleagues by sharing a new kind of experience at the office. Physically, Le Stretch™ counterbalances the hours spent hunched over a computer, alleviating back and neck pain. Mentally, Le Stretch™ releases daily stresses and lingering tension leading to enhanced attitude and mood.



About Le Stretch™

Find your namaste in a different way.

Calling all Desk Warriors! Le Stretch™ is NYC's first sweat-less workout completely dedicated to unwinding the body. With the use of our signature LeCrosse Ball, Le Stretch™ uses SMR (self-myofascial release) techniques combined with mobility exercises and lengthening body positions to enhance flexibility, improve muscle imbalances, boost blood circulation, and greatly reduce the risk of injury. Le Stretch™ will effectively extend work and workout life, aid in successful aging, and reinvigorate the body and mind.



Charlee Atkins

The Professional Sweater

Charlee Atkins is a consummate professional sweater. She is the founder and creator of Le Sweat™ and Le Stretch™. With a Bachelors degree in Exercise Science, she also holds a certification through the NSCA as a Strength and Conditioning Specialist (CSCS). She is a Senior Instructor at SoulCycle, one of the original instructors hand-picked by co-founder, Julie Rice.

When not leading group fitness, she also models for Wilhelmina NYC. And, side note, she really enjoys stretching.