



Do you suffer from nagging chronic pain in your back or neck, do you have movement restrictions or muscle tightness? Do you feel muscular tension or knotted muscles?

There is a well-established solution, Trigger Point Pilates™

You will start the class by gently mobilising the body, learning how to stay in good alignment and how to connect breath to each exercise. Using compression, movement and dynamic stretch you will work on your agility, mobility and flexibility.

Controlled and individualised for all fitness levels

FRIDAYS AT 11.40 AM

BRABYNS PAVILION, Brabyns Park, Station Road, Marple Bridge, SK6 5DT



FOR CLASS DETAILS CONTACT LICENSED INSTRUCTOR

JULIE CROSS

07776 474181

juliecrossefitnessandpilates.com