



STUDIO 121
personal training

Move better, feel better, look better

Studio 121 are launching a brand new group exercise class for the 50+ for improving mobility, strengthening and increasing flexibility.

If you have had long periods of inactivity, spent years at a computer desk, clocked up heavy mileage in the car or performed a lot of physical work with little flexibility work then you are probably suffering symptoms that can be improved through corrective exercise.



This is a light exercise class targeted toward people who want to:

- regain lost mobility
- increase their functional strength
- improve their posture
- reduce muscle and joint stiffness
- increase muscle flexibility
- improve vital health markers such as lowering blood pressure and decreasing body fat levels
- increase bone density
- and improve their balance

The objective of the class is to help you move better, feel better and look better!

This is a small group exercise class that will initially run for an 8 week period and is intended for a maximum of 8 people. The cost is £8 per class / £64 for the 8 week course.

The first session will commence on Monday 24th June at 2.30pm – if you would like to book onto the course or would like any further details please call Rich on 01270 610214.