



correct.

FLEXIBILITY & MOBILITY

GROUP TRAINING

With all the tension and stress that comes from the day to day grind, give your muscles and joints the best opportunity to perform at their highest level by engaging in a light stretching and activation circuit.

Poor posture, muscle tightness and weakness are the biggest contributors to significant injury and also poor performance in the gym. Through Corrects Mobility classes, you will be educated on improving your movement through all planes of motion. Utilising self myofascial release techniques, PNF stretching and learning of the key anatomical contributors, you can stay on top of maintaining a healthy posture and strong joints.

**UNLIMITED GROUPS**

Choose from  
multiple different  
group classes  
every week

**\$70** p/w