

# FREE Mobility Course

Wednesday, 27<sup>th</sup> May at 7.30pm

Interested in moving more fluidly and freely?

Using foam rollers and biomechanics techniques, Brian will show you some easy methods to improve your mobility and reduce aches & pains.

**NOTE: Suitable only for those who are injury free, if unsure please check with Brian.**

Places are limited and booking is required – please contact reception to book your place.

