

It's our birthday!

Flexifitness has been teaching you lovely people for 6 years! Come and celebrate with Emma and Matt

Saturday 23rd June, St Margaret's Church (the oval) TS5 8EU

Try out what we offer and stay for a cuppa and a slice of cake!

Pilates to Relax 10-10.25am
Beginner Pilates 10.30-10.55am
Beginner Yoga 11-11.25am
Meditation/relaxation 11.30-12pm

No set price so pay what you think it's worth, have some fun and try out whichever sessions you like!