

Yoga

A mixture of physical postures designed to stretch and strengthen the whole body with some time dedicated to meditation/relaxation. The 60 minute sessions usually has around 10-15 minutes of relaxation and the 45 minute sessions have around 5 minutes.

Yoga/Pilates

A combination of Pilates and yoga postures working on strength, flexibility along with core stability and mobility of the hips, spine and shoulders.

Pilates to Relax

A class designed to work on releasing deep tension in the spine, hips and shoulders. We incorporate the use of foam rollers and soft spiky massage balls to help release tension, stress and anxiety.

Fitness Pilates and Pilates

A traditional matwork Pilates class focused on getting the body moving more freely by doing a mixture of mobilisation work for healthy joints, core stability for a strong back and flexibility for the whole body.

Yoga for Beginners

A great introduction to yoga, each session includes some gentle yoga postures, breath awareness and a short relaxation.

Pilates for Bad Backs

Ideal for those with limited mobility, back issues or during the second/third trimester of pregnancy. Depending upon the severity of your issues you may require the okay from your doctor/physio to take part, please email emma@flexifitness.co.uk if you're unsure.