

ATTENTION HARROGATE IS BACK PAIN TAKING OVER YOUR LIFE?



Are you struggling with bad posture
and daily aches?



Do you struggle to move well and feel stiff
as a board?



Want to be able to move more freely?

If you have never tried Pilates before but want to move
and feel better. This is the class for you!



SPINE

Claim your **FREE** Spine Safe Pilates Taster
Class

SAFE

Register at:

PILATES

www.mojofitness.info/spinesafe.html

Limited availability. Take control and book your
**FREE Spine Safe Pilates Taster Session
NOW!**

- ✓ At your **FREE Spine Safe Pilates Taster Session** you will learn how you can improve joint mobility and balance in class and at home.
- ✓ Do simple but effective exercises to improve your posture whilst at work or out and about
- ✓ You can improve by increasing your body awareness and regain confidence in your back by adopting a new healthy habit.
- ✓ If you've never tried Pilates but want to feel better and move better this is the **CLASS FOR YOU!**
- ✓ It's time for you to take back control of your body, and not let pain manage you!

Claim **YOUR FREE Spinesafe Pilates Taster class** by registering at www.mojofitness.info/spinesafe.html

Here is what they are saying -

"I have suffered long term back pain. In Marion's FREE session and assessment I learned how Pilates could strengthen my core. When I encountered a problem some weeks ago, putting this into practice prevented a serious back injury!"

Sue, Harrogate

"Now when sailing I can pull in the lines. People have noticed how much stronger I am."

Grace, Harrogate

"This is the first year I've been able to garden without hurting my back!"

Maggie, Harrogate

**Take control and BOOK TODAY.
Pre Booking is essential.**

