



Weekly Core Stretch Classes In Kibworth

CoreStretch combines Yoga and Pilates with stretches and movements traditionally used by dancers

- CoreStretch incorporates a number of core toning exercises to provide a complete body workout.
- Delivered as a set of easy to follow choreographed sequences, CoreStretch uses a fantastic playlist to keep you motivated from beginning to end.
- Including CoreStretch in your personal fitness routine will help you to improve your flexibility and body tone, avoid injuries and keep your body supple.
- CoreStretch classes are held at [Kibworth Grammar School Hall](#) on Thursday mornings at 11am and at [Kibworth School](#) (Smeeton Road) on Monday nights at 7pm.
- A four week course costs £28 and a limited number of drop-in spaces are available from time to time.



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