



## Weekly iMoveFreely Classes In Kibworth

**iMoveFreely is a 50 minute programme of simple, safe and effective exercises designed to improve the body's mechanics.**

- Using a range of techniques and corrective exercises we aim to increase range of motion of our joints: condition and safely stretch the major muscle groups and improve posture.
- This is a mat based class which is suitable for almost anyone, including complete beginners, and it's a great way to return to exercise for anyone who hasn't done anything for a while.
- iMoveFreely is run as a small group class in the community but 1:1 clinics are also available on request.
- Our regular iMoveFreely group is held at Kibworth Grammar School on Thursday mornings at 9.30 am, with a four week course costing £30.



For more information please contact Michelle Rennie:

Email: [michelle@michelle-rennie.com](mailto:michelle@michelle-rennie.com)

Telephone: 07976 741280

Website: <http://www.michelle-rennie.com/>

