

Stretch and Flexibility Classes - The G12 Studio - One of the UK039s Top Training Centres



Location **Scotland, Renfrewshire**
<https://www.freeadsz.co.uk/x-579127-z>

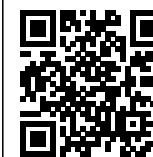
Stretch Classes

Have you ever wanted to do the splits? Or maybe you can and would like to get even bendier!

During these classes we will introduce you to safe and fun stretching methods for your legs, hips, shoulders, back and any other areas that you feel needs improvement.

We will work on front splits, box splits & backbends in a variety of different ways using both solo and partner-assisted stretching to increase muscle control, flexibility and range of motion.

Please wear some warm comfortable clothes that will be easy to stretch in- leggings, legwarmers, jumper & bring a hot water bottle to get full benefits of this.



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