



# GROUP CLASSES

Improve flexibility & physical performance with highly specialised techniques.



Posturefit  
STRUCTURAL CORRECTION & PERFORMANCE

# Improve your posture and decompress your spine.

**We combine ELDOA, myofascial stretching, Global Postural Stretching, Soma Training, Functional Range Conditioning and Kin Stretch techniques to help you:**

- Build strong postural muscles
- Reduce strain on joints and spine
- Boost mood and energy levels
- Improve digestion and breathing
- Improve circulation and immune health
- Recover from sport and injury

Whether you want support through rehabilitation of an injury, need to off-set the physical impacts of a restrictive desk job, want to improve sports performance or simply experience greater ease of movement and improved vitality, these group classes will help you achieve your goals.

**Join us At the Posturefit studio:**

**Level 2, 10 New North Road, Eden Terrace, Auckland**

**Monday 5.30 pm (clients only)**

**Wednesday 5.30 pm**

**Saturday 8.00 am**

**Classes are \$30 single class or \$200 for 10 sessions.**

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