

Group Classes

Improve flexibility & physical performance with highly specialised techniques.



Michelle
Owen

POSTURAL SPECIALIST



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.

Book online: www.posturefit.co.nz