

# STRETCHING CLASS

AN INTRODUCTION TO THE CONCEPTS OF FLEXIBILITY TRAINING FOR CLIMBING AND HEALTH

**1 hour taster session**

**March 1st - 7pm**

**Only £6 – pay in advance or on the night**

*On this one off taster session you will be guided through a stretching routine that will provide you with an insight into the basic concepts of flexibility training and self maintenance. Please ensure you spend 15-20 min warming up on the climbing wall BEFORE the class.*

*Improve your climbing performance and sooth out those chronic aches and pains! Suitable for all ages and abilities, athletes and non-athletes. Bring a yoga mat or camping mat if you have one (not essential) and a sling, rope or an old tie.*

## **COMING SOON: 6 Week flexibility training course:**

*If you enjoy the taster you will have the opportunity on the night to sign up for a 6 week flexibility training course that will teach you the advanced techniques necessary to achieve substantial gains in your flexibility.*

*This is an evidence based course that will aim to help you gain flexibility whilst on the course and provide you with the knowledge you need to continue to improve between sessions and beyond.*

***The course will incorporate advanced, yet simple, techniques that have been proven to bring about the greatest and most longstanding gains in flexibility.***

*All techniques stay within the individuals abilities and are therefore suitable for all.*