

MACHINES

Machin Exercise Studios

brand new

CEXC

The Corrective Exercise Class by John Machin



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Wednesday 18:20-19:05

Saturday 09:35-10:20

Corrective is like no other class out there. Most group exercise classes take you through a fixed routine at a fixed level. CEXC is dynamic in that we assess your individual posture at the start of the class and use this assessment to tailor the techniques to improve your posture as part of a small group. Here you will learn the relevant exercises for you that help improve issues such as back, knee & shoulder pain to name a few!

- Improve Flexibility
- Reduce back, Knee, hip & Shoulder pain to name a few!
- Enhance posture
- Rehabilitate old and new injuries
- Increase core strength
- Activate weak or underactive muscles
- Inhibit overactive muscles



**Do not simply accept postural related problems, Start to improve on them now!
BOOK TODAY! **FREE** trial available, very limited places**