

Active Functional Exercise

Rehabilitate & strengthen through movement



LOWER BACK PAIN COURSE

Osteopath and Pilates teacher, Hugh Ruxton, is offering unique exercise classes directed towards everyday life activities. The focus of this course will be on strengthening the core muscles and lower back to help improve movement and reduce pain.

Venues

Courses available in Bridgnorth, Much Wenlock & Claverley

Courses run in six week blocks

Please contact us for times & dates

£60
for the course

Hugh Ruxton
OSTEOPATHY PLUS

For more details:

Flexibility • Mobility • Recovery

t. 01746 761050
www.hughruxton.co.uk

