

# WHY TO JOIN US?



## EVERYONE IS MADE TO MOVE.

- Would you like to improve fitness level, your posture, reduce aches and pains commonly linked to sitting down for lengthy periods?
- Are you feeling tired all day? Need motivation? Need help?
- Do not have any equipment at home to train with?

## ABOUT US

Made to Move is a results-driven online learning platform, designed to help you achieve your fitness goals through Yoga and Calisthenics training. The reality is that real results require hard work, determination, and a personalised approach that fits your specific lifestyle and goals.

## JOIN US FROM YOUR HOME



[www.madetomove.uk](http://www.madetomove.uk)



[info@madetomove.uk](mailto:info@madetomove.uk)

## ABOUT ONLINE CLASSES

- Variety of yoga classes & conditioning classes
- Up to 12 online classes a week
- All classes are suitable for any age, fitness level, or ability
- No equipment needed
- Live & on-demand classes, remote 1 to 1 sessions.
- Focusing on strength, mobility, conditioning, flexibility & relaxation.
- We will correct your posture if needed
- Adjust and modify poses if needed

## TIMETABLE

We are currently offering up to 12 online classes a week over ZOOM in the morning and evening that you can choose from. Every month we are changing our timetable to suit everyone. Here are some examples of classes you can join:

- Yoga to increase flexibility
- Yoga to feel relaxed
- Morning Yoga to feel energised
- HIIT for fat burn
- Bodyweight Zoom Bootcamp
- Bodyweight strength & Conditioning
- Core conditioning
- Power Yoga to Tone Up

## BENEFITS

- You will feel energised, stronger, motivated, more flexible
- You might learn new skills
- You meet like minded people
- You will receive our support on your calisthenics and yoga journey
- Improve mood, sleep and recovery
- Increase productivity and creativity
- Reduce stress and improve mental health

## MEMBERSHIP OPTIONS

- Monthly Memberships
- Class drop ins
- Corporate packages

**OWN YOUR MIND AND BODY**



**WENDY  
&  
ALI**



*'See you soon in our live class.'*

## TESTIMONIALS

*"Only found made to move about 3/4 weeks ago but I'm already loving the fresh challenge. The classes that I've taken so far include the parallels, handstand and core ones. Classes are really well structured and the coach is always ready to make regressions or progressions where needed. I'm sure I'll see strength gains in no time at all and perfect my much desired handstand goals! Thank you Ali."*

FRANCESCA WILSON

*Wendy and Ali are great trainers. They know exactly what they are doing. Both Ali and Wendy always give me a perfect advice on how to properly exercise and eat. They challenge me, makes me to push my boundaries and that's what I need, always helps me to release my stress too. I also enjoy doing yoga with Wendy, she is amazing teacher. I can definitely recommend Made to Move"*

SIMONA KEJROVA

*"Made to Move has been a godsend throughout lockdown. Entering Made to Move brought back the consistency and structure that I was lacking. Classes are accessible to all levels, and the coach will provide regressions or progressions to match/challenge your ability, so there's something for everyone. With classes being online, they can be recorded, so if the timetable doesn't suit you, you can always catch up on the class when it suits you. I would absolutely recommend Made to Move to anyone that's looking to get stronger and/or improve their mobility."*

STEWART ARMSTRONG

*"At made to move has just taken me through a 12 week online programme and I really enjoyed it to the point that it's coming to an end and I'm booking in for more! I went to Ali because I wanted to be able to move more easily after a shoulder injury and also wanted to get back my health overall and lose weight. He's helped me lose 8kg in 12 weeks. Couldn't recommend high enough for others who want to see results but as a bi product of increasing mobility and workouts"*

CONOR COCKBURN

*"Had a couple of great yoga sessions with Wendy recently and thoroughly enjoyed them. I'm inexperienced at yoga but she quickly understood my limitations and strengths and did a great job! Enthusiastic and encouraging! Thank you Wendy."*

DELYTH CUNNAH

*"After long working days in the office, I love these peaceful moments with Wendy and her yoga sessions. It makes me calm and brings me good vibes in this crazy time. Thank you."*

ROSIE SPURNA

**JOIN US NOW**

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