

CIRCL MOBILITY™

What is CIRCL Mobility™?



CIRCL Mobility™ will unlock your body's potential through flexibility, breathwork, and mobility exercises. Based on the cutting-edge science of functional movement, you'll release physical restrictions, restore your full range of motion, and renew your core capabilities so you can move better, longer.

With sound healing frequencies incorporated into the music, you'll progress through a series of Macro + Micro movements promoting muscle and joint health in the only class designed to influence your psyche and bring your wellness experience full circle.