



Sunday Combo!

August 2017

Date	Teacher	Class
6 th	Sue	Supreme
13 th	Carolyn	STRONG by Zumba™
20 th	Glen	Cross Fit
27 th	David	Boot Camp

STRONG by Zumba™

High Intensity Interval Training class integrating dance type movements.

Supreme

A challenging and intense interval programme but without the jumping & jogging; an achievable workout for all levels.

Boot Camp

Strength and stamina required for this fun circuit based class

Cross Fit

An express fat burn and tone class! Get the results you want — and fast!