



Sunday Combo!

October 2017

Date	Teacher	Class
1 st	Glen	Crossfit
8 th	Carolyn	STRONG by Zumba™
15 th	Glen	Sculpt & Tone
22 nd	Sue	Supreme
29 th	Glen	Crossfit

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.

Sculpt & Tone

Improve muscle tone and shape with this low impact toning class.

Cross Fit

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