



# Sunday Combo!

September 2017

Date	Teacher	Class
3 <sup>rd</sup>	Glen	<b>Crossfit</b>
10 <sup>th</sup>	Carolyn	<b>STRONG by Zumba™</b>
17 <sup>th</sup>	Glen	<b>Sculpt &amp; Tone</b>
23 <sup>rd</sup>	Sue	<b>Supreme</b>

## **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!