



## SUNDAY COMBO!

April 2019

Date	Teacher	10am Class	9.15am Group Cycle Teacher
7 <sup>th</sup> April	<b>Sue</b>	<b><u>Fitness; Pilates</u></b>	<b>Sue</b>
14 <sup>th</sup> April	<b>Glen</b>	<b><u>Sculpt &amp; Tone</u></b>	<b>Glen</b>
21 <sup>st</sup> April	<b>Sue</b>	<b><u>Supreme</u></b>	<b>Sue</b>
28 <sup>th</sup> April	<b>Glen</b>	<b><u>Kettlebell Mix</u></b>	<b>Glen</b>

### **Fitness; Pilates**

A more functional approach to the traditional Pilates Class. Improve posture, mobility, joint problems and tone your body.

### **Sculpt & Tone**

Improve muscle tone and shape with this low impact toning class

### **Kettlebell Mix**

A combination of HIIT training drills with Kettle bells body weight cardio drills and core stability training.

### **Supreme**

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