



SUNDAY COMBO!

December 2018

Date	Teacher	Class
2nd December	Adam	<u>Boot Camp</u>
9th December	Glen	<u>Kettlebell Mix</u>
16th December	Sue	<u>Supreme</u>
23rd December	Glen	<u>Sculpt & Tone</u>
30th December	Lynne	<u>Yogalates</u>

Boot Camp

Includes drills designed to enhance agility, speed, power and strength (indoors).

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.

Yogalates

Fusion fitness class that combines postures from Yoga and Pilates into a routine with upbeat music.