



SUNDAY COMBO!

February 2019

Date	Teacher	10am Class	9.15am Group Cycle Teacher
3 rd February	Glen	<u>Kettlebell Mix</u>	Glen
10 th February	Sue	<u>Supreme</u>	Sue
17 th February	Glen	<u>Sculpt & Tone</u>	Glen
24 th February	Sue	<u>Fitness; Pilates</u>	Carolyn

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.