



SUNDAY COMBO!

June 2019

Date	Teacher	10am Class	9.15am Cycle
2 nd June	Carolyn	<u>Strong by ZUMBA</u>	Carolyn
9 th June	Glen	<u>Sculpt & Tone</u>	Glen
16 th June	Sue	<u>Supreme</u>	Sue
23 rd June	Rachel	<u>Bounce & Glow</u>	Rachel
30 th June	Adam	<u>Circuits</u>	Adam

Sculpt & Tone

Improve muscle tone and shape with this low impact toning class

Circuits

A Boot Camp style class focusing on strength and cardio fitness.

Supreme

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

Strong by ZUMBA

Combines body weight, muscle conditioning, cardio and plyometric training moves

Bounce & Glow

Cardio and toning circuit incorporating the mini-trampolines.