



## SUNDAY COMBO!

March 2019

Date	Teacher	10am Class	9.15am Group Cycle Teacher
3 <sup>rd</sup> March	<b>Glen</b>	<b><u>Kettlebell Mix</u></b>	<b>Glen</b>
10 <sup>th</sup> March	<b>Sue</b>	<b><u>Fitness; Pilates;</u></b>	<b>Sue</b>
17 <sup>th</sup> March	<b>Glen</b>	<b><u>Sculpt &amp; Tone</u></b>	<b>Glen</b>
24 <sup>th</sup> March	<b>Sue</b>	<b><u>Supreme</u></b>	<b>Sue</b>
31 <sup>st</sup> March	<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.