



SUNDAY COMBO!

May 2019

Date	Teacher	10am Class	9.15am Group Cycle Teacher
5 th May	Lucy	<u>Body Tone</u>	Lucy
12 th May	Glen	<u>Sculpt & Tone</u>	Glen
19 th May	Sue	<u>Supreme</u>	Sue
26 th May	Glen	<u>Kettlebell Mix</u>	Glen

Body Tone

A toning class using body bars, hand weights and floor work.

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.