



## SUNDAY COMBO!

September 2018

<b>Date</b>	<b>Teacher</b>	<b>Class</b>
<b>2<sup>nd</sup> September</b>	<b>Carolyn</b>	<b><u>Strong by ZUMBA</u></b>
<b>9<sup>th</sup> September</b>	<b>Sue</b>	<b><u>Brainfit</u></b>
<b>16<sup>th</sup> September</b>	<b>Glen</b>	<b><u>Sculpt &amp; Tone</u></b>
<b>23<sup>rd</sup> September</b>	<b>Sue</b>	<b><u>Supreme</u></b>
<b>30<sup>th</sup> September</b>	<b>Glen</b>	<b><u>CrossFit</u></b>

### **Brainfit**

A flowing conditioning workout designed to engage the mind, body and soul.

### **Sculpt & Tone**

Improve muscle tone and shape with this low impact toning class

### **Crossfit**

An express fat burn and tone class! Get the results you want – and fast!

### **Supreme**

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

### **Strong by ZUMBA**

High Intensity Interval Training class integrating dance type movements.