



## SUNDAY COMBO!

September 2019

Date	Teacher	10am Class	9.15am Cycle
8 <sup>th</sup> September	<b>Sue</b>	<u><b>Supreme</b></u>	<b>Sue</b>
15 <sup>th</sup> September	<b>Adam</b>	<u><b>Circuits</b></u>	<b>Adam</b>
22 <sup>nd</sup> September	<b>Sue</b>	<u><b>Fitness; Pilates</b></u>	<b>Sue</b>
29 <sup>th</sup> September	<b>Sue</b>	<u><b>Activation</b></u>	<b>Sue</b>

### **Circuits**

Boot Camp style to Improve muscle tone, strength and cardio with this easy to follow but high energy class

### **Supreme**

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

### **Activation**

A challenging toning and strength class using Activation bands to focus on glutes, thighs and abs.

### **Fitness; Pilates**

A more functional approach to the traditional Pilates Class. Improve posture, mobility, joint problems and tone your body.