



## SUNDAY COMBO!

October 2020

Date	Teacher	9am Class	10.15am Cycle
4 <sup>th</sup> October	<b>Naz</b>	<u>Step and Tone</u>	<b>Natalie</b>
11 <sup>th</sup> October	<b>Sue</b>	<u>Fitness; Pilates</u>	<b>Sue</b>
18 <sup>th</sup> October	<b>Naz</b>	<u>Step and Tone</u>	<b>Natalie</b>
25 <sup>th</sup> October	<b>Sue</b>	<u>Supreme</u>	<b>Sue</b>

### Step and Tone

Easy to follow Cardio Workout using the steps followed by toning and conditioning with weights and floor work

### Supreme

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

### Fitness; Pilates

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