



## SUMMER SLIMDOWN BOOTY CAMP

### **Week 1: AND WE'RE OFF**

Tues 6<sup>th</sup> June: BODY BLASTER  
CIRCUIT – total body workout  
Thurs 8<sup>th</sup> June: Zumba Toning vs  
Circuit – feel the burn Latino style

### **WEEK 2: FIT SEXY ABS**

Tues 13<sup>th</sup> June – AB BLASTER  
ACCUMULATOR - hardCORE sesh  
Thurs 15<sup>th</sup> June: Core Circuit

### **Week 3: CARDIO KILLER**

Tues 20<sup>th</sup> June: Hi-NRG SUPER  
CIRCUIT – circuit power  
Thurs 22<sup>nd</sup> June: REWIND 80's  
Aerobics – non-stop fat blasting &  
FUN to the best 80's music

### **Week 4: BEACH BODY WEEK**

Tues 27<sup>th</sup> June: UPPER BODY  
BLASTER – super toned sexy  
summer arms  
Thurs 29<sup>th</sup> June: LOWER BODY  
BLASTER – tight buns & gorgeous  
pins

### **Week 5: GIRL POWER**

Tues 4<sup>th</sup> July: BOXERCISE – the BEST  
de-stress (padwork/circuit)  
Thurs 6<sup>th</sup> July: COMBAT CARDIO &  
CONDITION – push yourself & tone  
your arms & bum to the MAX

### **Week 6: STRENGTH & DEFINE**

Tues 11<sup>th</sup> July – Kettlebell HIIT  
Thurs 13<sup>th</sup> July: Old Skool Condition –  
overload, overload, overload

### **Week 7: TRIM & TONE**

Tues 18<sup>th</sup> July: BANDS & BURN – all  
over conditioning sesh  
Thurs 20<sup>th</sup> July: HIIT MASH-UP Dance,  
Combat, HIIT & Yoga

### **Week 6: THE FINAL FURLONG**

Tues 11<sup>th</sup> July – FITNESS TEST &  
CIRCUIT – the sesh that tests  
Thurs 13<sup>th</sup> July: Zumba Fitness  
CARDIO Party – jump, squat, lunge &  
shimmy your way into summer!

Sessions take place in the sports hall – **7pm-8pm**