



AUTUMN FAT BLASTER BOOTY CAMP

Week 1: LET'S GO

Tues 5th Sept: FITNESS TEST & CIRCUIT – the sesh that tests PLUS total body workout

Thurs 7th Sept: Zumba Toning vs Circuit – feel the burn Latino style

WEEK 2: FIT SEXY ABS

Tues 12th Sept – AB BLASTER ACCUMULATOR - hardCORE sesh

Thurs 14th Sept: Core Circuit

Week 3: CARDIO KILLER

Tues 19th Sept: Hi-NRG SUPER CIRCUIT – circuit power

Thurs 21st Sept: REWIND 80's Aerobics – non-stop fat blasting & CARDIO to the best 80's music

Week 4: FEEL THE BURN

Tues 26th Sept: UPPER BODY BLASTER – super toned strong & sexy arms

Thurs 28th Sept: LOWER BODY BLASTER – tight buns & gorgeous pins

Week 5: GIRL POWER

Tues 3rd Oct: BOXERCISE – the BEST de-stress (padwork/circuit)

Thurs 5th Oct: COMBAT CARDIO & CONDITION – push yourself & tone your arms & bum to the MAX

Week 6: STRENGTH & DEFINE

Tues 10th Oct – Kettlebell HIIT

Thurs 12th Oct: Old Skool Condition – overload, overload, overload

Week 7: TRIM & TONE

Tues 17th Oct: BANDS & BURN – all over conditioning sesh

Thurs 19th Oct: HIIT MASH-UP Dance, Combat, HIIT & Yoga

Week 8: THE FINAL CHALLENGE

Tues 24th Oct – FITNESS TEST & CIRCUIT – see the results PLUS total body workout

Thurs 26th Oct: Zumba Fitness CARDIO Party – jump, squat, lunge & shimmy your way into the witching hour!

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