



NEW YEAR FAT BLASTER BOOT CAMP

Week 1: LET'S GO

Tues 9th Jan: FAT BLASTER Circuit – all over body smash

Thurs 11th Jan GYM: - REWIND 80's Aerobics – non-stop fat blasting & CARDIO to fab 80's music

WEEK 2: FIT SEXY ABS

Tues 16th Jan: AB BLASTER ACCUMULATOR work your core to the max

Thurs 18th Jan: Old Skool Condition – overload, overload, overload

Week 3: CARDIO QUAD KILLER

Tues 23rd Jan: HardCORE Circuit – focus on your midsection

Thurs 25th Jan GYM: Zumba Toning vs Circuit – feel the burn Latino style & shake your maracas!

Week 4: FEEL THE BURN

Tues 30th Jan DANCE STUDIO: COMBAT CARDIO & CONDITION – push yourself & tone your arms & bum to the MAX

Thurs 1st Feb SIXTH FORM: BANDS & BURN – all over conditioning sesh

Week 5: MIX IT UP

Tues 6th Feb: Old Skool Circuit – can you get round every station, still standing?!!!

Thurs 8th Feb: HIIT MASH-UP Dance, Combat, HIIT & Yoga – having it all

Week 6: FEELING GOOD

Tues 13th Feb DINING HALL – BOXERCISE – the BEST de-stress – pads & gloves = SMASH

Thurs 15th Feb SIXTH FORM: FAT BLASTER Boot Camp – that all over body BLAST finales!

Sessions take place in the main hall, gym, dance studio, dining hall or sixth form studio – **7pm-8pm**