



## FAT BLASTER BOOT CAMP

### **Week 1: LET'S GO**

Thursday 1<sup>st</sup> March  
FAT BLASTER Circuit – all over body smash

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

Thursday 8<sup>th</sup> March  
AB BLASTER ACCUMULATOR work your core to the max

### **Week 3: QUAD KILLER**

Thursday 15<sup>th</sup> March  
HardCORE Circuit – focus on your legs & booty

### **Week 4: FEEL THE BURN**

Thursday 22<sup>nd</sup> March  
BANDS & BURN – all over intense conditioning sesh

### **Week 5: MIX IT UP**

Thursday 29<sup>th</sup> March  
OLD SKOOL CIRCUIT – can you smash it round every station, still standing?!!!

Sessions in the bottom end of the Sports Hall at Cheshire County Sports Club - **7pm-8pm**