



BOOTY BEATZ

Week 1: I'M A DREAMER

Tuesday 8th January

We Love 90's

- dance vs aerobics to classic 90's house & euro trance, cardio, toning & all over fat burning funk

Week 2: SMASH & BURN

Tuesday 15th January

COMBAT DETOX

- blast away body fat & the days stresses (!) push yourself & tone your arms & bum to the MAX

Week 3: DON'T YOU WANT ME

Tuesday 22nd January

REWIND 80'S AEROBICS

- non-stop fat blasting to fab 80's music, high energy, high fun

Week 4: DANCE FLOOR SMASH

Tuesday 29th January

HIGH ENERGY BASS

- super basic choreo, super speed tempo, this will challenge your fitness & push you to the max

Week 5: POP PICKERS

Tuesday 5th February

CHART ATTACK

- pure cardio hi-lo aerobics to the best past & present chart hits

Week 6: BRING IT ON

Tuesday 12th February

CARDIO CHEER

- high energy cardio WITH POMPOMS to strengthen & tone arms

Sessions in the main hall at Upton UR Church – 7pm-8pm