



# LADIES BOOT CAMP COURSE

## WEEKLY SESSION PLANNER

1. DECIDE HOW MANY SESSIONS YOU WANT TO AIM FOR & CAN ACTUALLY ATTEND DURING THE NEXT COURSE PERIOD (check dates)
2. BOOK YOUR COURSE ONLINE & COMMIT TO BE FIT!
3. BOOK YOUR SESSIONS INTO YOUR DIARY
4. ARRIVE AT YOUR SESSION WITH ENERGY, A BIG SMILE & MAKE SURE YOU SIGN IN WITH YOUR INSTRUCTOR BEFORE YOU START

<b>TUESDAY</b> <b>7pm-8pm</b>	<b>BOOTY BEATZ</b>	HIGH ENERGY & high impact Aerobic Dance & Tone session, blocks of choreography, mix of dance & fitness moves – no floor work	Upton United Reformed Church, Heath Road, Upton, CH2 1HX
<b>WEDNESDAY</b> <b>6pm-7pm</b>	<b>BOXERCISE</b>	Partner/team boxing using pads & gloves, includes shuttle runs, body weight exercises, finish with a Core Blast	Cheshire County Sports Club, Upton, CH2 1PR
<b>WEDNESDAY</b> <b>7.15pm-8pm</b>	<b>AB BLASTER</b>	Intense & advanced core exercises, targeting deep muscles, may include HIIT workout	Cheshire County Sports Club, Upton, CH2 1PR
<b>THURSDAY</b> <b>7pm-8pm</b>	<b>FAT BLAST CIRCUIT</b>	Circuit & HIIT exercises, shuttle runs, burpees, pushups etc, bodyweight exercises & core	Cheshire County Sports Club, Upton, CH2 1PR
<b>FRIDAY</b> <b>6.30am-7.15am</b>	<b>METABOOST HIIT</b>	Circuit & HIIT exercises, shuttle runs, burpees, pushups etc, bodyweight exercises & core	Cheshire County Sports Club, Upton, CH2 1PR

### OPTIONAL DANCE BASED CLASSES

<b>TUESDAY</b> <b>6pm-7pm</b> <b>WEEKLY</b>	<b>ZUMBA FITNESS</b>	Cardio dance & toning to world music, taught track by track, work at your own pace	Upton United Reformed Church, Heath Road, Upton, CH2 1HX
<b>FRIDAY</b> <b>7pm-8pm</b> <b>MONTHLY</b>	<b>STRUTOLOGY</b>	Super sassy basic dance routine, learn choreo for one 'finale' track – heels optional	Cheshire County Sports Club, Upton, CH2 1PR

# FIT AS FUNK

[www.chesterbootcamp.co.uk](http://www.chesterbootcamp.co.uk)