



FAT BLASTER BOOT CAMP

Week 1: LET'S GO

Thursday 8th November
FAT BLASTER Circuit – all over body
smash to tone & sculpt

WEEK 2: FIT SEXY ABS

Thursday 15th November
AB BLASTER ACCUMULATOR - work
your core to the max & strengthen
your back

Week 3: QUAD KILLER

Thursday 22nd November
HardCORE Circuit – focus on your
legs & booty

Week 4: FEEL THE BURN

Thursday 29th November
BANDS & BURN – all over intense
conditioning sesh using resistance
bands

Week 5: MIX IT UP

Thursday 6th December
UPPER BODY BLAST CIRCUIT – body
blast it to the max with a focus on
arms & shoulders

Week 6: FESTIVE MASHUP

Thursday 6th December
OLD SKOOL CIRCUIT – can you smash
it round every festive station, still
standing?!!!

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