



## BOOTY BEATZ

### **Week 1: I'M A DREAMER**

Tuesday 8<sup>th</sup> 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 15<sup>th</sup> 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 22<sup>nd</sup> January

REWIND 80'S AEROBICS

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

### **Week 4: DANCE FLOOR SMASH**

Tuesday 29<sup>th</sup> January

HIGH ENERGY BASS

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

### **Week 5: CLASS AT COUNTY SPORTS CLUB IN STUDIO 2 WITH KATIE**

Tuesday 5<sup>th</sup> February

**CHURCH HALL BEING DECORATED**

**7.30pm-8.30pm BOOTY BLAST** all over body toning & HardCORE floor section to finish

### **Week 6: BRING IT ON**

Tuesday 12<sup>th</sup> February

CARDIO CHEER

- high energy cardio WITH POMPOMS to strengthen & tone arms

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