



## BOOTY BEATZ

### **Week 1: DANCEFLOOR ANTICS**

Tuesday 26<sup>th</sup> February

AERO DANCE

- raising the heart rate to some booty shaking club beats – some classics, some new & a Bieber cooldown

### **Week 2: LET'S ROCK**

Tuesday 5<sup>th</sup> March

AERO GUITAR

- the best rock anthems mixed to a super high energy beat to get the blood pumping

### **Week 3: ALL ABOUT THE BASS**

Tuesday 12<sup>th</sup> March

HIGH ENERGY BASS

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

### **Week 4: I'M A DREAMER**

Tuesday 19<sup>th</sup> March

We Love 90's

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

### **Week 5: SMASH & BURN**

Tuesday 26<sup>th</sup> March

COMBAT DETOX

- blast away body fat, push yourself & tone your arms & bum to the MAX

### **Week 6: THAT'LL BE THE DAY**

Tuesday 2<sup>nd</sup> April

ULTIMATE ROCK 'N' ROLL

- high energy & super fast jitter bug cardio to improve your fitness & keep you smiling

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