



SUPER CIRCUIT

Week 1: LET'S GO

Thursday 28th February
FAT BLASTER Circuit – all over body
smash to tone & sculpt

WEEK 2: FIT SEXY ABS

Thursday 7th March
AB BLASTER ACCUMULATOR - work
your core to the max & strengthen
your back

Week 3: BOX IT FIT

Thursday 14th March
BOXERCISE – pads & gloves, core &
shoulders

Week 4: FEEL THE BURN

Thursday 21st March
BANDS & BURN – all over intense
conditioning sesh using resistance
bands

Week 5: MIX IT UP

Thursday 28th March
UPPER & LOWER BODY BLAST – body
blast it to the max with dedicated
sections for arms & shoulders, & legs
& booty

Week 6: MASHUP

Thursday 4th April
KETTLEBELL CIRCUIT – can you smash
it round every station, still standing?!!!

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