



SPRING CHALLENGE BOOT CAMP

Week 1

Tues 25th Feb – 80'S REWIND - high energy aerobic routine with an old skool floor conditioning section

Thurs 27th Feb – FAT BLAST CIRCUIT - 1 minute rounds of Cardio vs Core for a total body blast

Week 2

Tues 3rd March – CARDIO CHEER – high NRG aerobics (yes, with pompoms) core & abs Accumulator sesh to finish

Thur 5th March – BOXERCISE - pads, gloves, shuttles, drills for great upper body strength & mobility

Week 3

Tue 10th March – SUPER BASS BANDS - resistance bands push you to the max – PYRAMID HIIT finish

Thur 12th March – KETTLEBELL HIIT Swing, squat, snatch & burn

Week 4

Tues 17th March – SENSATIONAL SEVENTIES – high energy aerobics & conditioning with a 70's groove

Thur 19th March – BOOT CAMP BANDS Feel the burn, lower, upper, core, FULL BODY BLAST with resistance bands

Week 5

Tues 24th March - COMBAT SMASH Blast away body fat, push yourself & tone your arms & bum to the MAX

Thur 26th March – CORE ACCUMULATOR Core & back, improve strength & tone

Week 6

Tues 1st March – BOLLY BHANGRA MASHUP – high NRG cardio – lower body & core toning section

Thur 2nd April – OLD SKOOL CIRCUIT Smash it round each station & push to your limit for all over body toning

Tuesday's - Upton UR Church, CH2 1HX – 7pm-8pm

Thursday's - Sports Hall at County Sports Club, CH2 1PR – 7pm-8pm