

# Teen Class programme may 21<sup>st</sup> 2011



## 12pm Spin to Trim

Great cardio class on a stationary  
Bike that burns fat fast,

## 12.30pm Les Mill's Body Pump

It's the original barbell resistance class  
To develop strength and confidence  
It burns fat and tones which give you the  
Results you want fast

## 1.00pm Les Mill's Body Attack

This high energy sports inspired workout  
postures  
Combines athletic and aerobic movements  
Improves fitness strength and stamina  
And will improve sports performance.

## 1.30pm K Leisure's Bootcamps

A mixture of all the best cardio and  
Toning exercises designed to burn fat  
And get fit and get in shape

## 2.00pm Pilates

Improves posture, strengthens and  
Tones muscles while increasing  
flexibility and balance

## 2.30pm yoga

The practice of physical poses and  
  
Improves tone and flexibility and  
Promotes health and well being