

**CALL 0161 707 7161 for more information**

Class	Day	Time	Description	Price
ZUMBA	Tuesday	6pm	Zumba is easy to do, effective, totally exhilarating, and best of all...it's FUN! Helping move millions of people toward a healthier lifestyle.	£5.00
ZUMBA	Thursday	6.30pm		£5.00
ROCKIT	Monday	8pm	RockIt combines the best of what belly dance, burlesque and street dance have to offer, to create a style that is large and loud, just like the music we dance to.	£6.00
BOX PRO FIT*	Monday	5.30pm BEGINNERS	Non contact boxing based fitness class devised by number 1 female professional boxer. This is NOT 'Boxercise' this is the real deal.	£5.00
BOX PRO FIT*	Wednesday	5.30pm BEGINNERS		£5.00
BOX PRO FIT*	Monday	6.30pm ADVANCED		£5.00
BOX PRO FIT*	Wednesday	6.30 ADVANCED		£5.00
ADULTS & KIDS MIXED HIP HOP Aged 7 and over	Thursday	5.30pm BEGINNERS	Groove and freestyle to Hip hop, RnB, Funk or Pop. Feel the beat, add your own personal flavour. Reap the benefits	Adults £5 Kids - £3
MISFIT CIRCUIT*	Tuesday	7.30pm	Continually changing circuit training using a whole variety of equipment targeting the whole body. Suitable for ALL levels of ability.	£4.50
MISFIT CIRCUIT*	Thursday	7.30pm		£4.50
BOOTY CAMP*	Friday	5.30pm	So much more than just the typical Legs, Bums and Tums. Exercises specifically chosen to tone, trim and tighten all the flabby bits.	£5.00
<p>Why not buy £40 pass which gives you access to all classes with '*' for 4 weeks. SAVING OF NEARLY £60 BLOCK BOOKINGS ARE ALSO AVAILABLE FOR OTHER CLASSES ask instructor for details.</p>				