

30 Minute Cardio, Circuits and Boxercise (3 GBP)



Location

West Midlands, Worcestershire

<https://www.freeadsz.co.uk/x-234425-z>

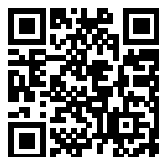


We have an amazing 30 minute circuit and padwork session that is a great high intensity workout. The class is varied and we tend to make changes every week to keep things fresh and to also make sure you never ever get used to the session, meaning you always get a great workout. The 30 minutes goes quickly but if you are still feeling like you can do more, then you can stop and do the Kickboxing Class that starts at 6pm. * Circuit training is a great boredom buster: Moving quickly from one exercise to the next means your mind doesn't have time to wander or tune out. * An all-strength circuit burns 30 percent more calories (about nine per minute!) than a typical weight workout and offers more cardio benefits. * A circuit that combines cardio and strength moves will blast fat and sculpt muscle. It can also burn up to 10 calories a minute. Wednesdays 5.30 pm St Marks Church Hall Orchard Street WR5 3DW Extreme Cardio Aerobic Combat General fitness class is a dynamic unique workout using shadow kickboxing to get your fitness level soaring. Unleash the Kickboxer inside you. We also incorporate some General fitness circuit exercises using the bags for a varied and effective workout that really makes you sweat and we finish with an intense abdominal workout. This fitness class is a fun way to lose weight & also to learn the techniques used in K1 kickboxing as it is taught by qualified instructors. Extreme Cardio fitness class will make you sweat like never before. This session gets your heart pumping whilst shaping and toning your body. These workouts are unique fitness circuit-style workouts using the punch bags and the most up-to-date and effective exercises to achieve great results quickly. The fitness class is not complete without a targeted Abs session to finish. See your fitness level increase whilst your body changes. Suitable for all levels as we work closely with you to make sure you achieve your desired results. ;



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