

BodyWurx BootyCamp (6.50 GBP)



Location **East Midlands, Northamptonshire**
<https://www.freeadsz.co.uk/x-255793-z>



BodyWurx offers its participants a refreshing blend of workout routines ranging from combat fitness, Dancing, dumbbell & bodyweight and pilates toning & stretching all rolled into one fab class.

The class is completed to a range of current dance music mixed with a taste of the 80's & 90's.

You can be sure that a BodyWurx class will not only leave you feeling the full body benefits of a good workout, but also send you home smiling & singing some great tunes.

Places are limited to 16 per class, so early booking is advised. To book your place visit the ticket link and reserve your spot before it is too late.

You do not need to bring any equipment to the first class. Just yourself & a bottle of water and maybe a sweat)!



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