

# Cardio BLAST Fitness Workout Circuit Style Class



## Cardio BLAST

Goes Outdoors!



Thursday 10:00 am  
Biggin Hill Rec (Behind Library)

Call or text: 07984 919730 E: getfitwithnicky@gmail.com

Location **London, London**  
<https://www.freeadsz.co.uk/x-318810-z>

Cardio BLAST – A high energy 50 minute fitness class that does not require any coordination. Based on circuit style training, this class is designed to improve your cardio-vascular fitness and burn off the calories. Beginning with a warm-up followed by bursts of high intensity exercise stations, ab work, finished off with a cool-down stretch section. Moves can be modified to suit individual requirements. You will do something different every week. A great workout to increase motivation, improve your stamina and fitness levels and weight loss. All fitness levels catered for. Beginners welcome. Taught by a Level 2 qualified fitness instructor. Your first class is FREE, so why not come along and give it a try. You have nothing to lose (apart from a little sweat and a few lbs!). Classes normally £5. Thursday's 10:00 am and Saturday's 11 am (term time only) at Blundell's Biggin Hill Squash Club, Jail Lane (in wet weather) or Biggin Hill Recreation Ground (in dry weather), Contact Nicky on M: 07984919730 or E: [email protected] for further.



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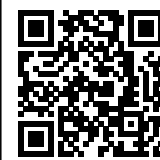
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