

Bounce n Burn Serece-Fit (7 GBP)



BOUNCE & BURN
with **SERECE-FIT**

CLASSES COMMENCING
SEPTEMBER

Mitcham | Crystal Palace (TBC)
Streatham (Wellfield & Conyers Road)
Norbury

WHEN:
Every Monday, Tuesday
Thursday & Saturday

*Check the website for more information on
Rebounding, locations and start times.

COST: £7.00
Children £5.00
50+ | Seniors £5

(Suitable for all levels of fitness.
Rebound Kids coming soon!)

f/FitJAMMA
/Serece-fit
/serecefit

www.serece-fit.co.uk
CONTACT: 07990638285

Lose weight, tone up and feel incredible. Come and Bounce & Burn yourself to the best shape of your life! Rebounding - the ultimate fitness workout that GETS RESULTS FAST!



WHY SHOULD I REBOUND?

- > Lose weight... FAST!
- > Strengthen your core
- > Improve lymphatic drainage
- > Change your body shape
- > Improve bladder control
- > Improve fitness tone and strengthen bones and muscles
- > It's FUN and gets results!

Location

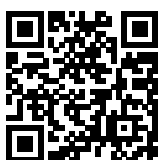
London, London

<https://www.freeadsz.co.uk/x-546543-z>



Rebound is a low impact full body, cellular & detoxifying exercise.

Lose weight, tone and feel incredible. Come and Bounce & Burn yourself to the best shape of your life!
((Rebounding)) - the ultimate fitness workout that GETS RESULTS!!



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