

# 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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