

Boogie Bounce



Join the Latest Fitness Craze!

fab, fun, funky and fat burning

It is a complete exercise programme on a mini trampoline, with a safety bar, choreographed to chart topping inspiring music which includes an extremely effective cardio section and a really powerful bums, tums and thigh section too! Every muscle in the body is worked, even the facial muscles!

**Fridays (1pm – 2pm)
in the Lumley Room**

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