



[www.FitnessFusion.info](http://www.FitnessFusion.info)  
or 07956 439448

Exercise classes to suit *everyone* throughout the week at 3 venues: Blackfield Primary School, Totton Community Centre, Hythe Youth Club (Jones Lane)

## MONDAY

### 6.15-7.00pm Hiit'n'Bells with Amanda at Blackfield

This class uses Kettlebells, weights with a handle, that you can use to swing, squat and lunge your way to a tighter toned body. It combines them with High-Intensity Interval Training (HIIT) where you will exercise as hard and fast as you can for a short burst, then slow things down for a brief recovery period to kick your metabolism into overdrive, so you're still burning calories hours later.

### 7.45-8.30pm Cardio Mash Up with Amanda at Totton

A cardio mash up designed to all over tone. From low to high impact, sweat away fat, burn calories and tighten arms, glutes, calves and core. Who could ask for more?

## TUESDAY

### 6.30-7.15pm Transform Step with Kirsty at Blackfield

Get ready to sculpt your core, legs, glutes, and upper body through the use of a step. Don't worry, this isn't old-school step aerobics—it's functional fitness that's fun. And the level of intensity is up to you. You can follow the beat of the music. You can slow the class down. You can speed the class up.

### 7.30-8.30pm Fitness Yoga with Kirsty at Blackfield

Build a routine using dynamic yoga moves to give your body a cardio workout as well as an aura of calm. Enjoy the feeling of stretching and wellbeing but with a distinct fitness focus. Strengthen major muscles including legs, glutes core and leave feeling more relaxed.

### 6.30-7.25pm Zumba with Lesley at Hythe

Zumba fitness brings together the fun and energy of dance with calorie burning fitness. Come and join the party!!

### 7.35-8.30pm Fitness Pilates with Lesley at Hythe

A group exercise programme focused on enhancing posture, strength, balance and stability through pilates based exercises.

### 8.10-8.55pm Clubbercise with Amanda at Totton

Clubbercise® classes are taught in a darkened room with disco lights and glow sticks set to a soundtrack of old and new club hits. A fusion of dance, toning and combat moves with high/low impact options for all fitness levels, one class burns around 600 calories.

## WEDNESDAY

### 6.30pm Total Body Strength Training with Kirsty at Blackfield

P90X is a total-body strength and conditioning workout that uses barbell weights to help you blast fat and build lean muscle fast. Your instructor can show you how to modify any move, and the group motivation will help you push past your plateaus.

### 7.30pm Stretch & Tone with Kirsty at Blackfield

Stay firm and get more flexible. Perform body toning exercises in bare feet and tone your core, glutes, legs and arms. Teach your muscles to move better, bend more easily and reach higher.

## THURSDAY

### 6.30pm Piloxing Knockout with Kirsty at Blackfield

A 45-minute workout influenced by boxing, plyometrics, functional training and pilates. Increase your fitness level and boost your confidence and strength, whilst wearing optional weighted gloves. Knockout is a program that suits and challenges individuals of all fitness levels. It's time to make your workout effective and FUN!

### 7.30pm Barre Tone with Lesley at Blackfield

Conditioning moves borrowed from ballet, Pilates and yoga work every muscle in your body – even the small ones most classes miss. Dumbbells, resistance balls and bands are on hand to push your further. This is a toning class not a dance class, no co-ordination required!

## SUNDAYS

### 9.45-10.30am Sunday Mash Up with Amanda at Blackfield

A cardio mash up designed to all over tone. From low to high impact, sweat away fat, burn calories and tighten arms, glutes, calves and core. Who could ask for more?

