



Special Offers

Try any new class for free in March

For the month of March why not try a new class and see how you can add variety to your workout.

The key to body change and losing weight is variety. The more you do something the better and more effective you get at it, therefore the easier it becomes. When you repeat the same workouts your body improves its ability to handle the stress therefore it burns less calories and results in minimal change. This is the reason why we change classes up and rotate the exercises or routines that we are teaching, this tricks the body into change because it does not know what is coming. However every now and again why not initiate big change by changing your class completely.

Now is the ideal time to do that—if you are a regular Fitness Fusion class participant why not try a class that you haven't done before FREE if it is in the month of March.

FRIDAY 23RD MARCH SPORTS RELIEF 80's CLUB CIRCUITS WORKOUT WITH KIRSTY. Come along and wear something red or something 80s to get a prize. All class proceeds go to sports relief.

Class Prices

Monthly class passes here to stay.

In February we trialled the monthly pass where you pay a set amount to do as many classes as you want for one price. It was so successful that we have decided to roll it out permanently. The monthly price will change depending on school holidays. For March pay £35 and come along to as many classes as you can make. Don't forget you can also get a 10 class pass for £43 (£4.30 a class) or a 5 class pass for £22.50 (£4.50 a class). Pay as you go classes £5. PLEASE LIKE OUR FACEBOOK PAGE.

FIGHT KLUB are coming back to Southampton. 28th April Patrick will be at Chamberlayne Leisure Centre 10-11.30am . £15. Transport available if you want to come along. An opportunity not to be missed!

Wellness Clinics

A new topic each month

We have now launched our Wellness Clinics, running on the first Monday of the month. Each month we will have a talk and discussion about a different subject that will support you with your journey into a healthy lifestyle. This month we looked at hidden sugars in your diet and how to cut them out. During the session you will be given the opportunity to have a wellness check looking at body fat, blood pressure, heart rate and water intake if you want it.

The topic for April will be WHY IS HEART RATE IMPORTANT? The sessions are £5, one class on your class pass or free if you have a month pass.

Class of the month

Clubbercise

If the thought of exercise fills you with dread or the thought of powering through squats and press up is not your idea of fun Clubbercise is the class for you! Join us on a Wednesday night and experience the dark room, disco lights, awesome tunes and funky glowsticks that make Clubbercise the fun fitness class with a difference. The easy to follow routines will burn around 600 calories an hour and has options for all levels to make it accessible for everyone. This class will be free to newcomers in March so bring a friend along.

Member of the month

Caroline

Caroline started working out with us several years ago and since then has only missed classes because of illness, holiday or a new grandchild! She is in class 3 or 4 times a week with a smile on her face, helps new participants and is a great advocate for Fitness Fusion!

PLEASE NOTE THE FOLLOWING TIMETABLE CHANGES FROM 19/3/18: Mondays 6.10-6.55pm Fighting Fit, 7.00-7.45pm LBT. Tuesdays 6.10-6.55pm Step 7.00-7.45pm Pump & Tone. Fridays 6.30-7.15pm Club Cir-

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