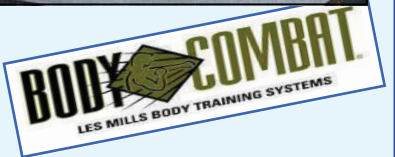
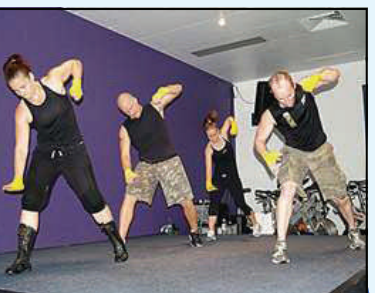
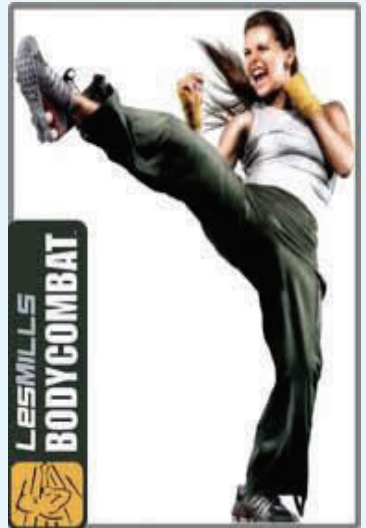


Nat Hardcastle
Instruction



BODYCOMBAT

- Improves heart & lung function.
- Tones & shapes key muscle groups
- Burns calories for a leaner body
- Improves co-ordination & agility
- Improves posture, core strength & stability



BODYPUMP

- Burns up to 600 calories per class.
- Improves strength.
- Improves general fitness.
- Shapes & tones muscles.
- Improves body density.



Brand new sessions at

BEBINGTON HIGH SPORTS COLLEGE

Monday 6-7pm BodyCombat £4.00 (£35.00 for 10 sessions)

Monday 7-8pm BodyPump £4.00 (£35.00 for 10 sessions)

Wednesday 6-7pm BodyCombat £4.00 (£35.00 for 10 sessions)

Wednesday 7-8pm BodyPump £4.00 (£35.00 for 10 sessions)

(Places are limited AND will go FAST!!) FIRST SESSION FREE

For further information or to book a place please call

Craig Nall on 07856284752 / 0151 645 4154

www.bebingtonhigh.com