

NEW CLASS COMING SOON

**THE NEW WORKOUT SENSATION IS HERE –
'GROOVERCISE'**

**ALL THE FUN OF A PARTY – ALL THE BENEFITS OF A
GREAT WORKOUT**

**An exhilarating, fun class where you can let your hair down and Move “n”
Groove to some fantastic high energy music.**

**Tone and sculpt your body while enjoying 50 minutes of non stop high energy
dancing. Dance moves are simple so everyone can participate.**

Cardio can be fun.

Groovercise is suitable for the young and the young at heart.

Classes will be held 5pm Fridays and commence 20th August.

**Professional Dance instructor Jessica Innes will lead the “Dance Party” each
Friday.**