



Wed 29th June  
5.40 - 9.15pm

Doors Open  
5:30pm



# Fitness Relaunch

At Watermoor CofE School, Kingshill Lane, Cirencester

Join us and take part in 6 fun, fitness classes completely for FREE

Your Community Fitness now offers 120 fitness classes a month in the Cirencester area across 8 different venues  
Look forward to seeing new faces and our regular supporters

**5.40pm - 6.10pm**  
6 years + children must be accompanied by an adult

Family Boxercise is a great workout to learn a new skill and ideal for parent and child interaction, whilst improving general fitness levels. Suitable for all - great fun and good to relieve stress.

**6.50 - 7.20pm**  
16 years +  
(11-15 year olds must be accompanied by an adult)

HIIT is perfect for fitness development by taking your heart rate out its comfort zone offering you optimum levels of cardiovascular conditioning. All exercises are adaptable ensuring everyone improves their metabolic rate.

**6.15pm - 6.45pm**  
6 years + children must be accompanied by an adult

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.



**7.25 - 7.55pm**  
16 years +  
(11-15 year olds must be accompanied by an adult)

Kettlercise® is the single most effective Kettlebell fat burning exercise class, that uses the BSM method (Blood Shunting method) and is designed to re shape and sculpt the body like never before. A challenging whole body workout that caters for everyone.



NEW MUSIC RELEASE 68  
8.00 - 8.30pm (16 years +)



BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories\* in a class. ... BODYCOMBAT is our ultimate warrior workout to develop co-ordination and release stress.

NEW MUSIC RELEASE 73  
8.35 - 9.05pm (16 years +)



Body Balance provides an inspired soundtrack that plays as you bend and stretch you through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. You'll strengthen your entire body and leave the class feeling calm and centred.

No bookings required for more information please contact Ollie on 07817724878 or email [ollie@yourcommunity.co.uk](mailto:ollie@yourcommunity.co.uk)