






January - March Timetable 2012

	6-9am	9.15-10.15am	10.30-11.30am	1-2pm	7-7.55pm	8-9pm
Mon:	Personal Training	THUMP n Crunch! Beg / Intermediate	Half Hour Power Walk*	Nutrition Workshop	THUMP n Crunch! Beg / Intermediate	THUMP Cardio!
Tues:	Personal Training	Body Conditioning Beginners / Int	Nutrition Workshop	Corporate Wellbeing	Traditional Circuits	ZUMBA with AMOR-LC™
Wed:	Personal Training	ZUMBA with AMOR-LC™ 9:30am	ZUMBA GOLD (50+) 10:45am	THUMP 100! (Mixed)	THUMP 100!	THUMP 100!
Thurs:	Personal Training	THUMP Bums & Tums!™	Half Hour Power Walk*		Military Circuits	THUMP 100!
Fri:	Personal Training	Traditional Circuits 9:30am Int / Advanced	ZUMBA with AMOR-LC™ 10.45am		AMOR-Joggers 7.30-8.15pm	
Sat:	Personal Training 8-9am	Military Circuits / Gym (Mixed)	Personal Training 10:30am - 12.30pm			
Sun:	Personal Training 8-9am	THUMP 100! (Mixed)	Personal Training 10:30am - 12.30pm			

PRICING:

Only pay for what you use!

*£2 Power Walk includes tea & coffee.

Buggies & Pets FREE!

Circuit Training & Gym:

Body Conditioning:

Lower impact, Tone, Sculpt & Strength

Military Circuits:

High Intensity Cardiovascular

Trad Circuits:

Various all over body stations

Gym:

Machines and Free Weights

THUMP Boxing for Fitness:

THUMP Bums & Tums!:

Boxing + Legs, Glutes & Abs

THUMP n Crunch!:

Boxing + Abs + Core

THUMP Cardio!:

Boxing + Cardiovascular

THUMP 100!:

Various Boxing for Fitness

Personal Training:

Solo or as a pair (call or email for more information)

**Venue: Studio 3
c/o St Christopher's
Hall, Clyde Road,
Dobbs Weir
EN11 0BE**

Corporate Wellbeing: Nutrition & Weight Management Workshops + Group Fitness Classes/Team Building

ZUMBA with AMOR-LC™ Comfortable, loose clothing should be worn with a light, non-restrictive trainer or plimsole to allow free movement through your feet, ankles and knees.

Bookings & enquiries CALL NOW: 0845 392 1169

Email: info@AMORLC.co.uk

www.AMORLC.co.uk