WORKOUT WITH MIKA

Community Fitness in Stoke-on-Trent & Newcastle-under-Lyme

workoutwithmika.co.uk

	DAYTIME	EVENING
MONDAY		17.30-18.15 **POWERHOOP** 18.30-19.20 **DANCE WORKOUT** 19.40-20.30 **ROCKBOX** at Wolstanton Methodist
TUESDAY	13.30-14.30 **CHAIR BOOGIE*** at Penkhull Village Hall	
WEDNESDAY	10.30-11.30 **CHAIR BOOGIE*** at St Wulstan's Community Centre	18.00-18.45 **POWERHOOP** 19.00-19.50 **BRAZILIAN DANCE** at Penkhull Village Hall
THURSDAY		18.00-18.50 **ROCKBOX** (SINGALONG) at King St Studios
FRIDAY	10.00-10.50 **LINE UP!** at St Wulstan's Community Centre	
SATURDAY (monthly special)	09:30-10:30 **DRUM WORKOUT** 10:40-11:30 **ROCKBOX** (SINGALONG) at King St Studios	

CLASS DESCRIPTIONS:

LINE UP - Low impact, easy-going line dancing fitness to all kinds of music

ROCKBOX - Punch, kick and smash drumsticks to rock music for a full body workout and stress release

POWERHOOP - Weighted hula hooping for 360° core/waist workout, combined with cardio and strength exercises

CHAIR BOOGIE – Seated dance fitness to improve strength, balance and mobility * £4 on the door

DRUM WORKOUT - Cardio, strength and toning combined with drumming for a full body and brain workout

BRAZILIAN DANCE - Dance Fitness with a twist! Traditional, carnival and social dances from all over Brazil

DANCE WORKOUT - Easy routines to uplifting pop music combining dance steps with full body toning exercises

VENUES:

ST WULSTAN'S - Church Lane, Wolstanton, NUL, ST5 0EF / Free car park and nearby additional parking

KING ST STUDIOS – 14A King St, Central NUL, ST5 1EJ / Free 2 hours on street parking

PENKHULL VILLAGE HALL – Trent Valley Road, Penkhull, SOT, ST4 5JB / Free car park and on street parking

WOLSTANTON METHODIST - Grosvenor Place, Wolstanton, NUL, ST5 0HS / Free car park

PRICES & BOOKING:

SINGLE CLASS £6

10 CLASS CREDITS £40 / Use for any of the weekly classes, valid for 10 weeks

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