

# WORKOUT WITH MIKA

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

[workoutwithmika.co.uk](http://workoutwithmika.co.uk)

	DAYTIME	EVENING
MONDAY		17:30-18:15 <b>POWERHOOP</b> 18:30-19:20 <b>DANCE WORKOUT</b> 19:40-20:30 <b>ROCKBOX</b> at Wolstanton Methodist
TUESDAY	12:30-13:20 <b>WOMEN'S WORKOUT</b> at Penkhull Village Hall	
WEDNESDAY	9:30-10:20 <b>DANCE WORKOUT</b> at St Wulstan's	17:00-17:50 <b>LINE UP!</b> 18:00-18:45 <b>POWERHOOP</b> 19:00-19:50 <b>BRAZILIAN DANCE</b> at Penkhull Village Hall
THURSDAY		18:00-18:50 <b>ROCKBOX</b> at King St Studios
FRIDAY	10:00-10:20 <b>LINE UP!</b> at St Wulstan's	
SATURDAY	09:30-10:30 <b>DRUM WORKOUT</b> Monthly Special at King St Studios	

## CLASS DESCRIPTIONS:

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

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

**WOMEN'S WORKOUT** - Mixed level workout group focussing on strength, toning and cardio exercises

**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

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

**LINE UP** - Low impact line dancing fitness to all kinds of music

## VENUES:

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

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

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

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

## PRICES & BOOKING:

**SINGLE CLASS** £6

**10 CLASS CREDITS** £40 / Valid for any of the 10 **weekly** classes, use within 12 weeks

**BOOK USING GYMATCH** Search 'GymCatch Mika' or use the QR code

