

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	12:30-13:20 WOMEN'S WORKOUT at Penkhull Village Hall	
WEDNESDAY	9:30-10:20 DANCE WORKOUT at St Wulstan's	17:00-17:50 LINE UP! 18:00-18:45 POWERHOOP 19:00-19:50 BRAZILIAN DANCE at Penkhull Village Hall
THURSDAY		18:00-18:50 ROCKBOX at King St Studios
FRIDAY	10:00-10:50 LINE UP! at St Wulstan's	
SATURDAY	09:30-10:30 DRUM WORKOUT 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

