

DANCE FITNESS STAGE

FRI
SATUR
SUN **DAY**



10.30-10.50

BLOCK FIT

13.00-13.20

TAPFIT

15.30-15.50

BLOCK FIT

11.20-11.40

((BOUNCE))

13.50-14.10

BOOGIE BOUNCE

16.20-16.40

AB-LITERS

12.10-12.30

BOOGIE BOUNCE

14.40-15.00

((BOUNCE))

BLOCK FIT

What time is it? It's Block Fit Time! Chico brings you the revolutionary Block Fit, get four workouts in one. Fusing dance, combat, HIIT and yoga and all performed to Chico's very own original party tunes. Come and meet and get trained by Chico himself and become part of the family. Don't beat around the block, JOIN IT!

((BOUNCE))

((BOUNCE))™ is dance-choreographed fitness on mini trampolines. It's high intensity fun but low impact on the joints for a tough but comfortable workout. NASA calls it "the most efficient and effective exercise yet devised by man" due to the extra gravitational force that the trampoline pad adds. It's the hottest fitness class around!

BOOGIE BOUNCE

Boogie Bounce are the industry leaders for mini trampoline fitness and have been for over 21 years. The dynamic, energetic but most of all FUN workout has taken the nation by storm with over 50,000 people of all shapes, ages and sizes bouncing every week. The workouts consist of an intense, low-impact HIIT cardio section, choreographed to motivational, energetic music and a strength and tone section so the whole body is targeted – all without any impact on your joints.

AB-LITERS

This is freestyle upbeat, fun but energetic total body workout, which focuses on using the Core. You will work up a sweat in this total body workout where the main focus is on waking up your core and firing up your inner abdominals! Get ready to jump, whine, crunch, and even bogle all while engaging your mid-section. This is not your conventional ab workout!

TAPFIT

A lot of people have tried a dance fitness program before – TAPfit is the next step. Instead of dancing TO the beat, you BECOME the beat. TAPfit uses patented equipment that slips over your workout shoes so you can make music with your feet, unlike anything else in the world. TAPfit is specially designed to have you engage your core muscle groups, constantly engaging your quads, hamstrings and all three muscle groups in your glutes. Tap into the fun, with TapFit!

