

Piloxing Knockout

It's not gentle, it's not mildly strenuous, it's not even your run-of-the-mill bootcamp - we said **KNOCKOUT**. High intensity, explosive, functional, core-centric, raw, grueling - yet **FUN**.

Leah will guide you through 6 rounds, consisting of base and drill sections. Each base will take you through a whole new way of performing high intensity core strengthening exercises, influenced by boxing, functional training, cardio and plyometrics. The drills consist of dynamic classics with a **hard-core twist!**

Your fitness level will be taken to places you didn't know you were capable of achieving. Muscles will gain endurance - respond faster and more efficiently. You're core is on fire, your arms and thighs are on fire - **YOU ARE ON FIRE**. It's time to ignite - join the movement.

Piloxing® Knockout uses (optional) weighted gloves to further tone the arms and maximize cardiovascular health. Please talk to Leah about ordering yours if you would like to use them. Apart from that, bring water, a towel and a big smile!

This class is suitable for **BOTH** men and women, adults only from 18 years of age. It is not a beginners class, so not suitable if you are new to fitness.

Join Leah **every Thursday** at **Snodland Community Centre** at **7pm** in the main hall.

It's only **£5** per class and you can pay as you go!

If you would like to find out more, please contact Leah on **07730 609135** or visit **www.beautination.co.uk**.

Also you can stay up to date with all Piloxing class announcements by following her Facebook page – **www.facebook.com/beautinationuk**

