

Piloxing

Come try the latest Hollywood fitness craze! A non-stop, cardio fusion of standing Pilates, Boxing and Dance that will push you past your limits!

PILOXING® cardio fusion incorporates cutting edge research and fitness techniques to burn maximum calories, build lean muscles, and increase stamina. The program uniquely blends the power, speed, and agility of boxing with the targeted sculpting and flexibility of Pilates. Add to that fun dance moves and you have a muscletoning, fat-burning workout that will make you feel physically and mentally empowered!

Join Leah **every Tuesday evening from 8pm-9pm** in the main hall at Snodland Community Centre.

Only £5 a class and you can pay as you go.

PILOXING® is suitable for adults only and no experience needed.

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.

