

Pilates & **Samba Fitness**

Timetable

Mondays

PILATES 10.00am -11.00am
Silverdale Gaskell Hall

PILATES 5.30pm – 6.30pm
Heversham Athenaeum Hall

New Monday evening classes

PILATES 7.00-7.55pm,

Samba Fitness 8.05-8.55pm
Dallam School Sports Facilities, Milnthorpe

Tuesdays

PILATES 1.20pm – 2.20pm
Kendal, Skelsmergh Village Hall (near Morrisons)

Wednesdays (New Venue!)

Samba Fitness 7.00pm – 7.50pm
PILATES 8.00pm – 8.55pm
Dallam School Sports Facilities, Milnthorpe

Thursdays

Samba Fitness 9.30am – 10.15am
PILATES 10.30am – 11.30am
Educational Institute Arnside

Fridays

PILATES 9.20am – 10.20am
Heversham Athenaeum Hall

PILATES 11.20am – 12.20pm
Yealand Redmayne Village Hall

Both FUN and EASY TO FOLLOW my **Samba Fitness** classes fuse rhythmic elements found in Latin dance and music to create a dynamic class that will make you love to workout regularly!

Fast and slow rhythms as well as resistance training are combined into interval training sessions that will get your heart racing, sculpt your body whilst burning fat and leave you feeling energized!

The Latin, Salsa, Flamenco, Belly Dance, African Beats, Bollywood, Samba, Reggaeton and Hip-Hop music styles and rhythms ensure that you will love your exercise sessions, feel motivated and want to dance everyday!

A non partner, low impact workout that is suitable for anyone!

Pilates Improves Muscle Tone, Flexibility, Core Strength, Posture, and Mobility!

New participants including beginners are welcome to join anytime & exercise at your own pace. All classes are suitable for men & women of all levels.

Book soon to avoid disappointment as places are limited!

Bookings/Enquiries, please contact Sam Horton, 16 years' experience

Telephone: 01524 781020 / 07886457563 Email:

sam@fitnessdynamics.co.uk

www.fitnessdynamics.co.uk

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