



DR BOYLE NATURAL FITNESS

HIC [High Intensity Circuit]

This class is a strenuous exercise class involving intensive, high impact and high calorie burning activities. Performed in continuous one minute stations, the class focusses mainly on *compound movements and exercises*; movements that involve multiple muscle and/or joint action.

There are also exercises that focus on controlling your body through its many ranges of movement. There are many influences on this mode of exercise – athletics, yoga poses, calisthenics [body-weight exercise], dance, martial arts and others.

The principle stays the same but every week the class will be different and you can guarantee a great functional workout which can seriously improve your fitness levels.

Increase fitness, strength and mobility and enhance body shape in the process

DAY: Every Thursday

TIME & PLACE: 7:30pm-8:30pm at Bardon Mill Village Hall

INVESTMENT: - £5 per Class



For more information including clips of Classes



@DrBoyleNatFit