



**BOOGIE BOUNCE
TUESDAYS WITH LYNSEY**

**7.00pm - 7.10pm
8.00pm - 8.50pm**

**THURSDAYS WITH LYNSEY
09.30m - 10.30am**

Boogie Bounce is FAB, FUN, FUNKY and FAT BURNING. It's a complete exercise programme on a mini trampoline with a safety bar; choreographed to chart topping inspiring music which includes an extremely effective cardio section, and a really powerful bums, tums and thighs section too!

Every muscle in the body gets a workout; even the facial muscles. Boogie Bounce is one of the most amazing exercise programs ever; suitable for all ages, shapes and sizes.

WHY IS IT GOOD FOR ME?

Some of the core benefits include:

- Improved heart and lung function
- Body fat control and weight loss
- Muscle toning and increased stamina and energy
- Reduced tension and anxiety and better sleep patterns

WHAT DO I NEED?

- T-shirt, shorts or loose bottoms such as jogging or yoga bottoms
- Grip or Tote socks (Boogie Bounce socks available from Fiesta Dance Centre £4 per pair)
- Hand towel
- Bottled water is available at the studio, but feel free to bring your own

BOOGIE BOUNCE BOOKING

www.bookwhen.com/FIESTADANCECENTRE





fiestadancecentre

We have just the thing to put a smile on your face and a spring in your step.

Great Choice. Great Teachers. Great Atmosphere.

New Beginners to Advanced; All Ages and Abilities Welcome.



WATCH

Want to see the classes in action.

Check out the videos on our web site and Facebook page.



Classes from just £8 per person, per class

ENROL
NOW

Enrolling now at Fiesta Flamenco Dance Centre



Make Friends



Make a Difference



Get Fit. Have Fun.



Be Inspired

FIESTA DANCE CENTRE

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