

BLAST

BLAST AWAY THE CALORIES

What is BLAST?

A 15 MINUTE WORKOUT offered TWO times a week - each class is different so you never get bored. Classes are offered on Tuesday , and Thursday morning. Fantastic for those people in a hurry, or who just hate exercising but want to lose the weight.

The BLAST programme uses HIIT (High Intensity) type exercises, music driven to keep you moving and motivated. Research has established that regardless of age, gender, or fitness level, HIIT style workouts like BLAST can increase physiological training responses, reap a much higher caloric burn and potential calorie after-burn (EPOC), as well as boost health benefits more efficiently and in less time than steady state programming, for both the novice and the fitness devotee.

Benefits include: increased cardiovascular endurance and stamina; functional core strength, joint mobility and balance, fat loss and weight management; co-ordination and agility; bone density and joint mobility .Potential health benefits and intervention – lowering risk of lifestyle diseases , and best of all loads of energy after class!.

We Keep the pace up from start to finish
you rest when its over! Are you Ready?