

PUMP



MONDAY, WEDNESDAY & FRIDAY

09:15 – 10:15, Die Haghe Building.

Pump is a NON-IMPACT barbell class, combining high repetition weight training with aerobic conditioning. It will tone and condition your body, will assist with weight loss and ultimately change your body shape. It challenges all your major muscle groups by using the **best** weight-room exercises like squats, presses and curls performed to motivating music. **Pump** will get you the results you came for - and fast. Tone up and burn up to 560 calories in a 55 minute class! **Technique will be taught at the beginning of each class for those new to class.**

For further information or to register for class, sign up at www.thehungrymind.nl/activities, or contact: activities@thehungrymind.nl