



TOTAL BODY TONE

If you are looking for a 'no-nonsense', functional workout, that burns 450 calories per class, then this is the class for you!

The class combines a wide variety of upper and lower body sculpting exercises to uplifting music, using different equipment such as hand weights, resistance bands, weighted hoops and kettlebells that are guaranteed to tone and strengthen the whole body – you will never be bored!!

Suited to all levels of fitness.

Sign up via our website www.thehungrymind.nl or contact activities@thehungrymind.nl for further information.

