

PILOXING®

Piloxing is a blend of lengthening pilates, strengthening boxing, and very simple dance moves that keep your pulse up. Switching back and forth rapidly between the three vastly different disciplines, it keeps your body guessing, your mind excited, and your heart pumping. It's the workout that doesn't feel like work while you're doing it, though you'll definitely feel it the next day.

You'll start noticing:

- stronger, longer, and leaner muscles, improved flexibility, better muscle control, and better coordination.
- stronger and more toned arms, shoulders, and back, and the mental empowerment that comes with this workout.
- But wait, there's more, the dancing produces happiness-inducing endorphins in your body, and gets your metabolism going into overdrive.

Make sure to fuel up before and after class, because you're gonna burn lots of calories with this program. The Class is run in blocks of 6 weeks at 9 euro per session. Weighted Hand Gloves are available to purchase at a cost of 12 euros per pair.



To sign up register at www.thehungrymind.nl For further information contact activites@thehungrymind.nl