



# JUMP AND BOUNCE

The Awesome Trampoline Class just for kids 6+  
Wednesdays 12:45 – 1:30 pm

This is the perfect class for children. Not only is it the best FUN ever!, it's packed full of a variety. These child specific workouts including, games, crazy choreography, HIIT and more, all to child friendly music. In this Class we work on Balance, Co-ordination, Strength, Core and Cardio Training.

The course is run over 7 weeks at a cost of €82,00. Non Slip Socks are included in the cost of Course. You will need to wear your socks each week, and make sure you bring your water bottle with you. Places are filling fast so sign up early to avoid disappointment.

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To sign up go to : <http://www.thehungrymind.nl/activities/signup/>.

