

20/20/20

1leisure
have fun, get fit, stay fit

The Heights

Medina

If variety is the spice of life then 20/20/20 is the jalapeno of fitness classes!



**AN ALL-ROUND CLASS WITH
A BIT OF EVERYTHING**

THE BEST OF ALL WORLDS

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FACTFILE

DURATION	INTENSITY	CALORIES BURNED	AGE RANGE	SUITABLE FOR BEGINNERS	GOLD CARD	SILVER CARD
55 MINUTES	LOW TO HIGH	UP TO 500	14+	YES	YES	NO

PRICE

Adult £6 Junior £3.40

WHAT

20/20/20 is a fab all-rounder of a class. 20 minutes each of cardio, strength training and floor/abdominal work. Work the whole body in a wide range of different ways giving you a great all-body workout.

FAQ'S

How fit do I need to be?

This is a great workout for everybody including beginners! Regular exercisers will also be pushed in each section of the class.

WHY

If you are somebody that likes variety in your exercise then you will love this class. 20 minutes of each activity means there is no time (or excuse) to get bored!

What do I need to bring?

Bring a towel and a water bottle. Wear comfortable sportswear and trainers.

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