

bodystep

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effective total body workout

Body Step is an athletic pre-choreographed step class with endurance, strength and speed components to cater for everyone.

The class uses energetic and powerful music to keep you motivated through an easy-to-follow, intense fat-burning class.

Using an adjustable platform, Body Step delivers fast results from a class combining rhythm and energy with an effective total body workout.

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BENEFITS

- Great butt and thigh workout
- Excellent fat-burning intensity
- Improved cardiovascular endurance (Heart Health & wellbeing)
- Athletic options
- Improves co-ordination

WHAT TO BRING?

Wear comfortable, loose clothing or fitness wear. Footwear and a towel is required.

WHO CAN PARTICIPATE?

Body Step is aimed at intermediate and above fitness levels. The intensity of the class can be changed by adjusting the step height, and by utilising the different options given throughout the class. No previous 'step' experience is required to participate in a Body Step class.

Sedentary people and those with medical conditions must seek the advice of a health professional or doctor before participating in class.

Centre hours

MONDAY TO FRIDAY
5.30am - 9.00pm

SATURDAY
6.00am - 7.00pm

SUNDAY & PUBLIC
HOLIDAYS
7.00am - 7.00pm

Sutherland Leisure Centre

Rawson Avenue Sutherland NSW 2232

phone (02) 9545 2400

facsimile (02) 9545 2481

email suthleisure@ssc.nsw.gov.au

website www.sslc.com.au