

# Bounce!



**Tuesday 1830 - 1915**  
**Thursday 1815 - 1900**  
**Friday 1730 - 1815**

**With Terri**

**New 45 minute mini trampoline bouncing class suitable for all ages and fitness levels.**

Bouncing can reduce fat, firm your arms, shape of your legs, abdomen, improve stimulate your lymphatic



your body benefit the hips and your balance, system, protect

your joints, strengthen your muscles and bones without the trauma of hitting a hard surface, provide an aerobic effect & revitalise your body

when it's tired. Please contact the Cash Desk for more information on 0131 621 8303.