

# Full body workout on a mini trampoline. Boogie Bounce I.O.W (5 GBP)



**Boogie Bounce**  
Fab, fun, funky and fat burning!

BOOGIE BOUNCE IS A HIGH ENERGY, LOW IMPACT COMPLETE EXERCISE PROGRAMME ON A MINI TRAMPOLINE. IDEAL FOR ALL AGES AND ABILITIES.

Choreographed to chart topping music, the Boogie Bounce programme combines an extremely effective cardio workout with a really powerful full body conditioning section too!  
Burn between 400-600 calories in a single session!

Works every muscle in the body, even the facial muscles!

Get your first session for £5 with code BBNEW

Weekly classes in:

**NEWPORT**  
NEWPORT PARISH HALL  
MONDAY 9.40 - 10.30 am  
6.00 - 6.50 pm  
7.05 - 7.55 pm  
WEDNESDAY VI FORM CAMPUS 6.00 - 6.50 pm  
7.05 - 7.55 pm  
THURSDAY VI FORM CAMPUS 6.00 - 6.50 pm  
7.05 - 7.55 pm

Weekly classes in:

**RYDE**  
RYDE ACADEMY  
MONDAY 6.00 - 6.50 pm  
7.05 - 7.55 pm  
TUESDAY 8.00 - 8.50 pm  
7.05 - 7.55 pm

Pre-booking required on all sessions.

BOOK ONLINE AT [BOOGIEBOUNCE-IOW.COM](http://BOOGIEBOUNCE-IOW.COM)  
OR CALL HELEN ON 07763 889 342

Check out the results on Facebook  
SEARCH 'BOOGIE BOUNCE ISLE OF WIGHT'

Location **South West, Isle Of Wight**  
<https://www.freeadsz.co.uk/x-553515-z>

The Boogie Bounce I.O.W is a complete exercise programme on a mini trampoline, with a safety bar, choreographed to chart topping inspiring music. It includes an extremely effective cardio section, and a really powerful bums, tums and thighs section too! Every muscle in the body is worked. EVEN THE FACIAL MUSCLES! Boogie Bounce is FAB, FUNKY AND FAT BURNING!! Suitable for everyone!! USE DISCOUNT CODE BBNEW TO GET YOUR FIRST SESSION FOR £5.00.

Check us out on Facebook @Boogie Bounce I.O.W or [www.boogiebounce-iow.com](http://www.boogiebounce-iow.com)

Weekly sessions

NEWPORT - Newport parish hall - VI Form Campus

Monday morning 9.40 - 10.30 am

Monday, Tuesday, Wednesday and Thursday pm 6.00 - 6.50 or 7.05 - 7.55 pm

RYDE - Ryde Academy

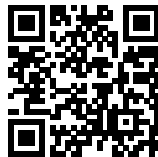
Monday and Tuesday 6.00 - 6.50 and 7.05 - 7.55



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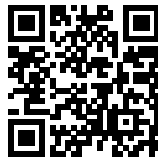
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