

NATIONAL SPORTS CENTRE FITNESS PROGRAMS



All *FAST FORWARD FITNESS* passes can be purchased at the Aquatics Facility or from Sharlene before class

FAST FORWARD FITNESS CLASSES

All classes are suitable for all fitness levels!

MONDAY

5:15 - 6:15 PM ZUMBA FITNESS

6:30 - 7:30 PM H.I.I.T

TUESDAY

5:15 - 6:15 PM KICKBOXING COMBO

WEDNESDAY

5:15 - 6:15 PM ZUMBA FITNESS

6:30 - 7:30 PM SCULPTING

THURSDAY

5:15 - 6:15 PM COREFIT

SATURDAY

10:00 - 11:00 PM CARDIO COMBO

ZUMBA: Latin based dance fitness party

COREFIT: Belly flattening workout that scorches body fat

H.I.I.T (High Intensity Interval Training): Fast tempo class with high and low intervals and minimum breaks

STEP/KICK: combination of step aerobics and cardio kickboxing

SCULPTING: Lower body workout

CARDIO COMBO: a perfect blend of everything cardio

Instructor: Sharlene Sousa

Location: NSC Pavilion

COST PER CLASS..... \$15.00
 CARD OF 5 CLASSES..... \$75.00
 CARD OF 10 CLASSES... \$135.00

Fluid Fitness & Balanced Fitness

MONDAY

6:00 AM FIT FOR YOU!

9:15 - 10:15 AM SURF AND TURF

TUESDAY

6:00 AM FIT FOR YOU!

12:15 - 1:15 PM WATER AEROBICS

WEDNESDAY

9:15 - 10:15 AM SURF AND TURF

THURSDAY

6:00 AM FIT FOR YOU!

12:15 - 1:15 PM WATER AEROBICS

FRIDAY

6:00 AM FIT FOR YOU!

9:15 - 10:15 AM SURF AND TURF

Water Aerobics
 With Annette

SATURDAY

1:15 PM WATER AEROBICS

Fluid Fitness Classes

WATER AEROBICS: fun and effective workouts in both shallow and deep water

SURF & TURF: water aerobics on nice days and indoor fitness classes on rainy days



Balance Fitness Classes

FIT FOR YOU!: a well-rounded regime that will increase your cardiovascular and muscular systems! (NSC and Lindo's in Devonshire)

For pricing or more information email Michelle Viera at info@wateraerobicsbermuda.com

Join us on Saturday afternoons for an hour of Water Aerobics hosted by Annette Lewis.

More classes to come in the summer!

COST PER CLASS
 Adult..... \$15.00
 Senior... \$10.00

50 Frog Lane, Devonshire, Bermuda
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