

**JUMP  
FIT**

# JUMP START YOUR FITNESS

## JUMP FIT

THIS CLASS COMBINES ALL OF THE BEST BITS FROM INCORPORATED, JUMP TO THE BEAT AND JUMP TONE IN THIS HIGH-ENERGY, FITNESS CLASS

## JUMBA

HAVE A GIGGLE DURING THIS HIGH ENERGY ZUMBA-INSPIRED WORKOUT... ON A TRAMPOLINE! IT'S A GREAT WORKOUT, AND GREAT FUN

## JUMP WARRIOR

PUSH YOUR FITNESS, STRENGTH AND CORE TO THE LIMITS AND SMASH THROUGH EVERY OBSTACLE IN YOUR PATH!

## PARENT POWER

BRING YOUR BABY ALONG AND ACHIEVE YOUR HIGH-FLYING FITNESS GOALS! YOUR LITTLE ONES WILL WATCH FROM THE SIDELINES IN THEIR OWN BOUNCER.

## SHEFFIELD

	MON	TUES	WEDS	THURS	FRI
9.30AM - 10.30AM		JUMP WARRIOR			
7.00PM - 8.00PM	JUMP FIT				
8.00PM - 9.00PM	JUMP FIT				

## LEEDS

	MON	TUES	WEDS	THURS	FRI
10.00AM - 11.00AM			JUMP FIT		
7.00PM - 8.00PM	JUMP FIT			JUMP FIT	
7.30PM - 8.30PM					

## ROTHERHAM

	MON	TUES	WEDS	THURS	FRI
10.00AM - 11.00AM				PARENT POWER	
7.00PM - 8.00PM	JUMP FIT	JUMP WARRIOR	JUMBA		
8.00PM - 9.00PM					

## NEW FOR THE SUMMER HOLIDAYS

BRING YOUR KIDS TO BOUNCE FOR JUST £5 WHILE YOU TAKE PART IN ANY JUMP FIT CLASS. THE CHILD MUST BE AGED 6+.

**+BOOK NOW +** [WWW.JUMP-INC.UK](http://WWW.JUMP-INC.UK) OR CALL 0330 088 2267

### LOCATIONS +

ROTHERHAM + UNIT C1 + RAIL MILL WAY + PARKGATE RETAIL PARK + S62 6JU + 0330 088 2267 +  
LEEDS + 1 BENYON PARK WAY + LS12 6DP + 0330 088 2267 +  
SHEFFIELD + MEADOWHALL + VULCAN ROAD + S9 1EW + 0330 088 2267 +

**JUMP-INC.UK**

**#JUMPFIT**

