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## **Bounce Beats - child friendly**

Monday: 19:00–19:45

### **Introduction**

Bounce Beats is our percussion based workout using weighted Beats sticks to emphasise the upper body. It's full of joyful jumping with added attack on the arms and carnival-style music for rhythm-based fitness on trampolines.





((BOUNCE)) classes are high intensity, low impact workouts performed on mini trampolines. The atmosphere is fun, friendly and fierce, making the time spent in class welcoming, sociable and seriously effective

It is also fully inclusive, if you can jump, you can join! Offering a full body workout, it is suitable for any level of fitness as we always give low options and adaptations where available.

### **Location**

-  **Gorseland Primary School, Deben Avenue, Martlesham Heath IP5 3QR**

### **Contact**

-  [cjbounce@mail.com](mailto:cjbounce@mail.com)
-  [@bouncekesgrave](#)
-  [bookwhen.com/bouncekesgrave](http://bookwhen.com/bouncekesgrave) (to book a class)
-  [www.bouncefitbody.com](http://www.bouncefitbody.com) (for background information)

Last updated: 10 Aug 2021

Location: Gorseland Primary School - IP5 3QR