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## **Bounce Blast- child friendly**

Tuesday: 18:30–19:15

### **Introduction**

Bounce Blast offers various styles of fitness on the trampoline from cardio to bodyflow, circuits to strength.





((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