((BOUNCE)) is coming to Watton at Stone...10 mins at ((BOUNCE)) is the same as a 30 minute run! FUN. FRIENDLY. FIERCE.

Performed on a mini trampoline this fitness class is 3 times more effective than other exercise due to gravity's additional force on the tramp pad.

Give the new fitness craze that's taking over the country a go.... 5* rating with over 11k followers....

These are just a few of the benefits...

💙Approximately 700 calories burnt per class
❤️Weight loss
💚Tones your body
💜3 times more effective than running
💗100% FUN
💛All abilities welcome you take it to whatever level you feel comfortable
🖤meet new friends

What's not to like? Don't take my word for it, come and see for yourself. No membership required, pay as you go, just visit the website to book.

NASA calls it "The most effective exercise yet devised by man" due to the extra gravitational force that the trampoline pad adds.

👊 Performed on mini trampolines, ((BOUNCE)) makes exercise fun with choreographed aerobic routines. ((BOUNCE)) improves weight loss 3 times quicker than floor based workouts due to opposing gravity and added g-force
Watton at Stone classes are held at The Nigel Poulton Community Centre, School Lane with daytime evenings and weekend classes available Any questions, feel free to message or comment below we will be happy to help or simply book through link below 👇

https://www.bouncefitbody.com