

Greenwich Bouncers

Trampoline Academy



...taking you to new heights

Bounce your way to Fitness!

Get the body you want!

Greenwich Bouncers is proud to present a unique 6-week Get Fit, Stay Fit course that helps you to improve your health and fitness level in a fun and exciting way!

“ I have really noticed an improvement in my fitness – I can run up stairs!”

Get Fit!

Working on and off the trampoline, the programme is suitable for all ages and uses a combination of cardiovascular and aerobics exercises that are designed to tone muscle, build core strength, co-ordination and flexibility. Each week you will start with a short run and dance workout to music and ends with a meditation cool-down. To help build upper body strength, you will learn how to put up or put down the trampoline safely. Over the six weeks you will be using a variety of apparatus as part of a circuit – hula hoops, gym balls, skipping ropes, dumb-bells and trampettes.

As you perfect your technique, you will strengthen every muscle in your body, including your back, tummy, lungs and heart, but particularly your legs, (strong legs take a lot of strain off the heart). You will learn techniques to build your confidence and give you core strength, including back and front bouncing, stretching and body conditioning exercises.

Lose Weight!

Exercising on the trampoline is suitable for people concerned about their weight, overweight people and the slightly obese, as it is low impact on knees and joints. It is a flexible activity which will fit in with your current weight-loss programme. The only activity that can burn calories faster is ‘fast skipping’ – like boxers do.

Have Fun!

This will help you to develop a change of attitude towards exercise – even being excited at having some things to practice at home!



All training is carried out by British Gymnastics qualified trampoline coaches



Greenwich Bouncers

Trampoline Academy



...taking you to new heights

Programme

Each week you will run, hula hoop and perform a fitness aerobic exercise

"I was motivated to do the exercises at home and buy a hula hoop of my own!"

Week 1:

- Induction: Warm-up, basic moves

Week 2:

- Balance & Co-ordination

Week 3:

- Aerobic: Breathing Techniques

Week 4:

- Flexibility: Toning and conditioning

Week 5:

- Strength and Stamina Building

Week 6:

- Back to School: Fun and Games



Greenwich Bouncers

Trampoline Academy



...taking you to new heights

Venue

"Very friendly atmosphere and very challenging"

The Bounce Your Way to Fitness programme takes place at:

*Samuel Montagu Youth Centre
122 Broad Walk
Kidbrooke
London SE3 8ND*

90 minute sessions

See website for dates and times:

<http://www.greenwichbouncers.co.uk/bounce.html>

Attire: loose, comfortable sportswear, including trainers for running and you must wear socks for trampolining

Contact details:

Email: mail@greenwichbouncers.co.uk

Web: <http://www.greenwichbouncers.co.uk/bounce.html>

Or contact: Anne-Sonia King, Head Coach: 07956 168208



All training is carried out by British Gymnastics qualified trampoline coaches

