

Kate's Classes



Kate is a level 3 Personal Trainer that specialises in pre & post natal exercise. With vast experience of personal training and delivering group exercise classes and bootcamps in an array of disciplines, she ensures all sessions are delivered to the highest of standards and guarantees you will leave with a sweat and a smile!

MONDAY Buggy Bootcamp 11am-12pm Stubbylee Park, Bacup Barbell BodySculpt 6.45pm-7.30pm Station 22, Waterfoot	TUESDAY	WEDNESDAY Buggy Bootcamp 11am-12pm Stubbylee Park, Bacup Legs, Bums & Tums 6.45pm-7.30pm Station 22, Waterfoot	THURSDAY
FRIDAY Buggy Bootcamp 11am-12pm Stubbylee Park, Bacup HardCore HiitBlast 5.30pm-6.15pm Station 22, Waterfoot	SATURDAY	SUNDAY Sweat the Sins 10am-10.45am Station 22, Waterfoot	INFO & BOOKING All classes are operating in-line with current Covid-19 Government & Governing Body Guidelines. Booking for all classes is now online, via the GymCatch app. Download the app and follow this link: bit.ly/KatesClassesGymCatch

For more information, visit: brooks-fitness.co.uk

All bookings / payments now online, visit: bit.ly/KatesClassesGymCatch

Email: hello@brooks-fitness.co.uk

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Timetable subject to change in-line with Covid-19 Guidelines, demand for classes and attendance figures, notice of any changes will be given.