

# BSM GLADIATORS

Martial Arts and Fitness Community Club  
bsmgladiators.com



## PARTY IN RED 2022

### *Technique Clinic & Master Class*

**When:** Sat, 19 March 2022 –  
3:00 to 4:30pm  
(Doors open 2:30pm)

**Where:** British School Muscat  
Sports Centre

**Who:** Open to all fully vaccinated  
adults 18+

**How:** Free registration @  
<http://bit.ly/bodypump2022>



**BodyPump** is a full-body barbell workout that burns calories, shapes and tones the entire body, increases core strength, and improves bone health. This program uses light weights while performing high repetitions - the secret to developing lean, athletic muscle.

The technique clinic will help make the most out of your workout with:

- *Correct form and proper execution*
- *Moving to target the correct muscles*
- *Safety tips while getting fit*

This will be followed by a one-hour master class showcasing the coolest music and moves of the program, delivered by our Advanced Level instructors and Oman's very own Les Mills Tribe Coach!

***Wear something red to get free raffle tickets – more red, more entries!***  
***Winners get special gear from Reebok & Les Mills***  
***as part of our 4<sup>th</sup> Community Club anniversary.***