



## Clubbercise training is heading to Brisbane!

Fitness phenomenon Clubbercise will be holding their first ever Brisbane instructor training course this month.

Clubbercise International Master Trainer Jade Purdie will be flying in to teach the new recruits.

There are currently around 15 Clubbercise classes running across Queensland and the public want more, which is why the training course has been organised.

The 'healthy clubbing' concept launched in the UK back in 2013 and there are now thousands of regular classes and events held around the world. Clubbercise Founder & Brand Director Claire Burlison says, "We're super-excited to be holding our first course in Brisbane and can't wait to get more of Queensland glowing!"

Clubbercise is a cardio workout that combines dance, toning and combat moves all in one class. The routines are easy-to-follow with both high and low impact options to suit all fitness levels and abilities. Classes are taught in a darkened room with disco lights and LED glow sticks to create a nightclub atmosphere.

The Clubbercise workout offers proven results to participants, both for their physical health and their mental health. A one hour session burns an average of 600 calories.

The course will be held on Sunday 17th February at Genesis Fitness in Jindalee, where Clubbercise launched in early October 2018.

For more details about the training course and classes visit [clubbercise.com/australia](http://clubbercise.com/australia)

### Contacts

Claire Burlison  
0488884220  
mailto: [marketingteam@clubbercise.com](mailto:marketingteam@clubbercise.com)