



## PRESS RELEASE:

**ZAPspace opens its doors to fitness fun with new mum and baby exercise class by Fitness Fox and ZAP Fitness trampoline classes by The Jump Collective.**



***Introducing new fun, fitness classes at ZAPspace the trampoline park in a theatre***

**Wednesday 24 January 2018**

ZAPspace the 1<sup>st</sup> trampoline park in a theatre, also known as the theatre of jumps has expanded its offering by introducing fun fitness classes available from January 2018 to help kick-start and keep you on track with your New Year's health and fitness regimes.

Kelly Bedford founder of 'Fitness Fox London', has brought her '**Fox and Cubs**', mum and baby exercise classes to ZAPspace. The Fitness Fox motto is 'Strong not skinny, dynamic strengthening for women – lift, sculpt, move and tone.' The classes start with mobility routine moving on to a range of circuit exercises that work the entire body. All '**Fox and Cub**' exercises are designed so they're safe for post-natal training mothers to help them feel and look fit, healthy and strong.



The 'Fox and Cub' classes, for both mum and babies, are 45minute and take place on Monday mornings at 09:30 – 10:15am.

*Quote from mum Abbi Dyson who attends Fox & Cubs class:*

*“The classes really focuses on the pelvic floor, and it’s encouraged to do the class at your own pace, so all levels of fitness are accounted for. ‘ZAPspace is a very family-friendly place, with baby changing, soft play area, and a lovely café, so there are things to do after the class is finished too.”*

ZAPspace’s fitness portfolio continues to expand with bespoke HIIT classes on trampolines too. Did you know that jumping on a trampoline for 10-minutes is the equivalent to 30-minutes on a treadmill or jogging! With that nugget of information, it’s time to get in gear and burn-off that festive feast. Good news that January will also see the latest trend in workouts hit ZAPspace. The new fun high intensity trampoline fitness class, **‘ZAP Fitness’** led by Simone Wilson the founder of The Jump Collective.

The Jump Collective’s code is ‘if you don’t jump, you’ll never know how high you can soar’ **‘ZAP Fitness’** is suitable for all abilities, it’s a fun high energy workout jumping to the latest beats using functional bodyweight exercises mixed with trampoline moves and core work resistance training. The **‘ZAP fitness’** workout:

- improves cleanses and detoxifies your lymphatic system
- Improves balance and coordination
- Low impact
- Firms and tone



The 'ZAP Fitness' classes are for an hour; two sessions are available on Monday evenings 6-7pm and 7-8pm respectively.

*'Quote from ZAP Fitness class attendee Hannah Dickson – "It sounded more fun than a regular gym class and I was looking for something lower impact as I have been having joint trouble. It was lots of fun, felt like I had had a proper work out all over. Monday is a good night for me. I might be up for another weekday evening as well."*

Henry Frost, ZAPspace CEO comments:

"We're excited to be able to introduced these two fun fitness classes for the local community beginning in January 2018. Our soft play area is popular with parents, so it made sense that we introduced a mum and baby exercise class, and with Fitness Fox London's experience in delivering postnatal training as well as personal training it's a great fit.

"We clearly love trampolines here, and with ZAPspace being the perfect place to jump up, get down, it was a natural move for us to introduce '**ZAP fitness**' trampoline fitness classes as a fun way to get fit and we're delighted to be teaming up with The Jump Collective to deliver this."

**Fox and Cub** class commenced Monday 8<sup>th</sup> January 09:30am and **ZAP Fitness** 15<sup>th</sup> January 6pm and 7pm.

Ends



**Notes to Editor:**

1. For more info about ZAPspace
2. ZAPspace, 369 High Street, Stratford, London, E15 4QZ

Website <https://zapspace.co.uk/>

Twitter @zapspaceLDN;

Instagram @ZAPspaceLDN

YouTube ZAPspace

Facebook ZAPspaceLDN

Showers, changing rooms, and lockers are on site at ZAPspace

2. For more info about Fitness Fox London

Website: <http://www.fitnessfoxlondon.com/new-page-5/>

Instagram: @fitnessfoxlondon

Twitter: @FitnessFoxLDN

3. For info about the Jump Collective

Website: [www.thejumpcollective.co.uk](http://www.thejumpcollective.co.uk)

Instagram: @thejumpcollective1

Twitter: @Jump\_Collective

Media & PR queries contact: Ebony Gayle – PR consultant for ZAPspace

[info@ebonygaylecommunications.com](mailto:info@ebonygaylecommunications.com)

[ebonygaylecommunications.com](http://ebonygaylecommunications.com)

07956909448