

It is evident the amount of time and effort Charli puts into each and every class and she is a continued source of inspiration.

No matter how you feel beforehand, Charli's classes never fail to make you feel happier and more energised. For that hour or two you can forget about everything and just have some fun! Many thanks Charli!

ROBYN



we have something for everyone

PERFECT FOR

Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

HOW IT WORKS

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

BENEFITS

Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!



BUT WAIT, THERE'S MORE!

- Personalised, friendly and fun wedding dancing lessons for bridal couples and bridal groups.
- Simple and easy steps for beginners, or more creative choreography for those seeking a bit more of a challenge!

Other classes include:

Boxing, Stretch, Dance & Couples Classes

Children's Dance Classes

Private lessons

Contact Charli today for more information



OUR LOCATIONS

two fabulous Eastern locations

- **Leabrook Studio**
455 Glynburn Rd, Leabrook
- **Kent Town Studio**
Cnr Grenfell St and Fullarton Rd, Kent Town



For more information visit us online at studiocharli.com or call **0420 677 794**



JOIN THE MOVEMENT WITH CHARLI





this is fabulous charli

STUDIO CHARLI IS A DANCE BASED GROUP FITNESS STUDIO LOCATED IN THE EASTERN SUBURBS OF ADELAIDE.

Studio Charli has a simple ethos: to provide a dynamic fitness experience in an all inclusive environment. Our approach to fitness is easy, no egos, no fashion codes and no divas; it's just fitness made fun!

We specialise in Zumba fitness, bringing you the best party around! As well offering a range of boutique group fitness classes catering to all fitness levels, meaning that no fitness or group fitness experience is needed to do our classes.

At Studio Charli we are passionate about providing inspiring, motivating & addictive classes that not only help you to achieve physical results but also make you feel good on the inside.

STUDIOWORX

More than just a Barre class

PERFECT FOR

Those that want a flowing format that creates a total body workout which is easy and fun!

HOW IT WORKS

A 45 minute class combining the best of Pilates, Fitness and Dance.

Using a chair as a Barre, resistance bands, light hand weights and Pilates balls it incorporates standing Pilates with cardio intervals, core work and functional exercises.

BENEFITS

This system ensures the body is balanced and aligned correctly. The class routines are fresh and fun, and the workout music will really pump up your energy level.



Charli's angels rock the party!



PERFECT FOR

Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.

HOW IT WORKS

We take the "work" out of workout, by mixing **low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.** Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

BENEFITS

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. Boosting energy and a serious dose of awesome each time you leave class.



TONINGWORX

Rockin' Party, Rock Hard Body

PERFECT FOR

Those who want to party, but put extra emphasis on toning and sculpting to define those muscles!

HOW IT WORKS

Class consists of a warm up, the challenge of adding light hand weights helping you focus on specific muscle groups to keep you engaged. Class format changes weekly to keep it fun and interesting.

BENEFITS

Full body workout targeting arms, core and lower body.



Charli's classes are always so much fun.

I love the fact that besides the variety, the pace, the workout and the fitness, I also get to learn so many new dance moves (like Salsa, Rumba, Reggaeton, Cha Cha, Bachata etc) without having to pay the cost of or find the time for separate classes.

ANNALISA