



Stantonbury Arts & Leisure

Junior GYM MK

Beginning W/C 3rd October 2016

Is your child aged between 8-15 years old?

What we offer:

- Guidance and support of our gym team to help build fitness, team building and boost self-esteem.
- Develop basic skills whilst using the latest training techniques and equipment.
- Apart from being active, the juniors will learn something new as well as make friends along the way.

Cost:

- **£18 per month** OR a £20 joining fee followed by **£4 per session**.

Please speak to a member of staff for any further details as well as information on our Junior Gym memberships.

Time	10.00-11.00	15.00 – 16.00	16.00-17.00
Monday			8-15 yrs GYM
Tuesday			8-15 yrs CIRCUITS
Wednesday			8-15 yrs GYM
Thursday	NO SESSION	NO SESSION	NO SESSION
Friday			8-15 yrs CIRCUITS
Saturday		8-15 yrs GYM	
Sunday	8-15 yrs CIRCUITS		