



Junior GYM MK

GET YOUR CHILD ACTIVE THIS SCHOOL HOLIDAY

*29th May – 4th June

* Bank Holiday Monday

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

Is your child aged between 8-15 years old?

What we offer:

- Guidance and support from our gym team to help build fitness, 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:

- **£4 per session or £12 per week**- you can attend as many sessions as you like.

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

WE LOOK FORWARD TO SEEING YOU SOON!