

Gym sessions and exercise classes for kids



Fit Zone Gym sessions Ages 11 - 15

Dedicated junior sessions that are fully supervised by qualified **Zest Health & Fitness** instructors. Giving children the opportunity to get fit and stay healthy in the ever popular gym environment.

- Treadmills
- Steppers
- Bikes
- Rowers
- X-trainers
- & more

Sessions are booked at reception

Mon - Fri	4.00pm - 5.00pm
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Classes Ages 11 -15

Circuit Training

A variety of exercises as you progress through a number of different stations for a total body workout.

Wednesdays	9.30am - 10.30am	6.30pm - 7.30pm
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Are you over 14 and under 18 years old?

If so, you are eligible for our reduced Junior rate which entitles you to come to any **Exercise Class for just £2.50.**

All you need to do is bring proof of age to reception, and they will issue you with a pass free of charge which must be produced for every session attended.

