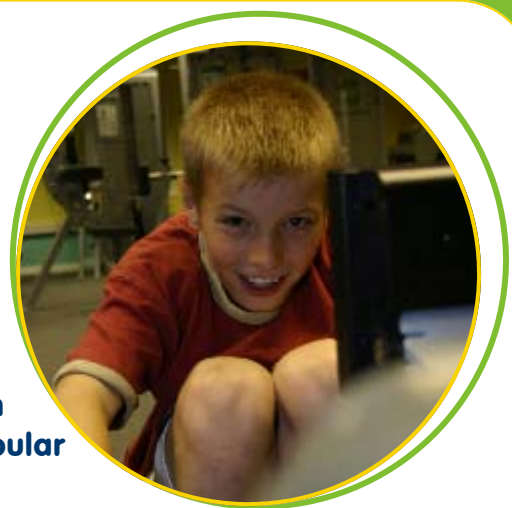


# Gym sessions and exercise classes for kids



## Fit Zone Gym sessions Ages 11 - 15 Incorporating the exclusive kids Zest- Gym

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. Places are booked at reception

- Treadmills • Bikes • X-trainers • Steppers • Rowers • Zest- gym

|                   |                 |               |
|-------------------|-----------------|---------------|
| Mon, Wed & Friday | 4.00pm - 5.00pm |               |
| Friday            | 7.00pm - 8.00pm | 13 - 15 years |

### Family Session.

Discounted rates available for training as a family.

|                   |                  |
|-------------------|------------------|
| Saturday & Sunday | 11.00pm - 3.00pm |
|-------------------|------------------|

During School holidays there will be extra Fit zone sessions.



**Health & Fitness**

## Classes Ages 11 -15

### Kwik Circuit

A full body workout using the exclusive Zest- Gym and the cardio vascular equipment.

|                       |                 |
|-----------------------|-----------------|
| Tue, Thurs, Sat & Sun | 4.15pm - 4.45pm |
|-----------------------|-----------------|

### Circuit Training

A variety of exercises as you progress through a number of different stations for a total body workout. Ages 11 - 15 must be accompanied by an adult.

|           |                 |
|-----------|-----------------|
| Monday    | 7.15pm - 8.15pm |
| Wednesday | 7.30pm - 8.30pm |
| Friday    | 4.30pm - 5.30pm |
|           | 7.00pm - 8.00pm |

### Aeromix

A mixed impact class, designed to give a Total Body Workout. The class is designed for a range of fitness levels, whether you are a beginner or advanced. Enthusiastic, motivating and inspiring instructors coupled with excellent music will coach you to your goal fitness level.

|         |                 |
|---------|-----------------|
| Tuesday | 7.30pm - 8.30pm |
|---------|-----------------|

