

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

Monday & Friday	4.00pm - 5.00pm
Saturday	1.00pm - 2.00pm
Sunday	2.30pm - 3.30pm

Zest - gym session 8 years - 11 years

Wednesday	4.00pm - 5.00pm
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Family Session from 8 years +
Discounted rates available for training as a family.

Sunday	10.00pm - 12.00
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Kwik Circuit

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

Tuesday	4.00pm - 5.00pm
Thursday	4.00pm - 5.00pm
Saturday	4.30pm - 5.30pm

Yoga Bugs / Yoga'd Up Ages 5 - 7 / Ages 8 - 12

Children will be guided through postures, breathing exercise and relaxation techniques.

Yoga Bugs	Saturday	10.00am - 10.45am
Yoga'd Up	Saturday	11.00am - 12.00pm

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	6.45pm - 7.45pm
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Aeromix

A high energy aerobic workout with music, lights and great atmosphere!

Tuesday	7.15pm - 8.15pm
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Health & Fitness

