

# Gym sessions and exercise classes for kids



## Fit Zone Gym sessions Ages 8 - 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 increasingly popular gym environment.

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

Courses are booked at reception

Tue - Friday	4.00pm - 4.30pm
Tue - Friday	4.30pm - 5.00pm
Tue - Friday	5.00pm - 5.30pm
Tue - Friday	5.30pm - 6.00pm
Sat & Sun	10.00am - 10.30am (no inductions)
Sat & Sun	10.30am - 11.00am (no inductions)

## Classes Ages 11 - 15

### Fitball

Fun and Funky exercise session using exercise to tone & strengthen.

Monday	7.00pm - 7.45pm
Wednesday	7.00pm - 7.45pm

### Circuit Training

A great variety of exercises set up through a number of different stations including Skipping and Weights for the ultimate body workout.

Tuesday	6.45pm - 7.45pm
---------	-----------------

