

TEEN FITNESS

Teen Gym **£2.50**

Thursday 5.00pm - 5.45pm

Get some top tips on how to get the best gym workout.

Teen Fitness Class **£2.50**

Wednesday 5.00pm - 5.45pm

Get great fitness results: work out with your mates in a mix of different classes such as spin, studio weight training and circuits.

Open to all teenagers everywhere!

Classes run all year (No stopping in the holidays!)

No booking required. All sessions fully supervised.



Large free car park
Memberships or
Pay as you go visits

uffculme
sport & fitness centre



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