



Stantonbury Arts & Leisure

Junior GYM MK

Beginning W/C 4th September 2017

Is your child aged between 8-15 years old?

What we offer:

- Guidance and support of our gym team to help build fitness, team building and boost self-esteem.
- Develop basic skills whilst using the latest training techniques and equipment.
- Apart from being active, the juniors will learn something new as well as make friends along the way.

Cost:

- £18 per month for unlimited access OR a £20 joining fee followed by £4 per session.

Please speak to a member of staff for any further details as well as information on our Junior Gym memberships.

Time	10.00-11.00	15.00 – 16.00	16.00-17.00
Monday			8-15 yrs GYM (Inductions)
Tuesday			8-15 yrs CIRCUITS
Wednesday	No session	No session	No session
Thursday			8-15 yrs GYM (Inductions)
Friday			8-15 yrs CIRCUITS
Saturday		8-15 yrs GYM (Inductions)	
Sunday	8-15 yrs CIRCUITS		