



JUNIOR GYM

**45 minutes a day.
5 days a week.**

Our Junior Gym sessions for 11-15 year olds are a great way to exercise with your friends in an informal and safe environment.



FITNESS ROCKS!

- ENDLESS BENEFITS
- FIT BODY
- STRONG MIND

- Personalised programme
- Use of cardiovascular machines - running, cycling, rowing and cross training
- Use of resistance weights
- Supervised sessions
- Max. of 8 people at any one time

Sessions run twice every weekday from **15:30-16:15** and **16:15-17:00** and must be pre-booked at reception.

Inductions are required before using the gym equipment.

Free to 365 members or £4 per session

**For more information call
01246 242 365**



High Street, Clowne S43 4JY
www.goactive.org.uk



We Speak Your Language

Polish

Mówimy Twoim językiem

Slovak

Rozprávame Vaším jazykom

Chinese

我们会说你的语言

*If you require this in large print or
another format please call us on*

01246 242424