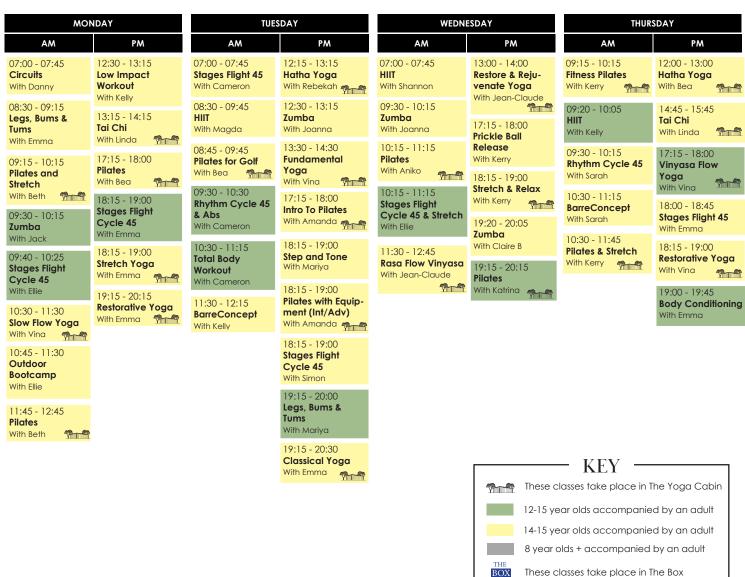
FITNESS TIMETABLE for 12-15 year olds





12-15 YEAR OLD GYM TIMES

Term time: Mon-Thurs 3-5pm, Fridays 3-9:30pm, Sat-Sun 12-7:30pm Holidays: Mon-Thurs 12-5pm, Fridays 12-9:30pm, Sat-Sun 12-7:30pm

Must be accompanied by an adult whilst using the gym, and have had a gym induction with a member of the fitness team. Email fitness@foxhills.co.uk to book an induction. Teens must visit 'aym ready', as under 16-year-olds are not permitted to use the HealthSpa changing room facilities.

JUNIOR PERSONAL TRAINING

60 mins: £40 | 11 x 60 mins: £400 30 mins: £25 | 11 x 30 mins: £250