

JUNIOR GYM



Junior GYM - Sessions - for 8 - 11yr olds
on a Friday 4pm - 5pm

It has been requested many times that young people might want to burn off some energy on a rowing machine, treadmill, stepper etc. So on a Friday evening 4pm until 5pm - **Jacqueline Lewis** will be in the gym to monitor and guide. The young people will learn a lot from Jacqueline about nutrition and the importance of warming up - and cooling down.

£2.50 per session - fill in a health questionnaire at reception.

bring a drink and wear super trendy cool gym kit - I mean no Crocs though not even in sport mode... - Kidding just be comfy.

Just come and have a go.

Limited to 10 children per session so booking is advised.

0191 586 7396 or info@blackhallcommuity.co.uk