

Junior Gym Sessions for 11-15 year olds

- Regular supervised junior gym sessions held at Lutterworth Sports Centre
- Suitable for children aged from 11 to 15 years, these gym and studio-based sessions help to improve general fitness and to promote healthy lifestyles.
- Juniors needs to be 11-15 years old and will have to complete a physical induction in centre before they can attend sessions on their own.
- These inductions can be booked during one of these sessions with one of our fitness motivators.

Sessions held:

Monday: 15:15 - 16:00, 16:00 – 16:45
Tuesday: 15:15 - 16:00, 16:00 – 16:45
Wednesday: 15:15 - 16:00, 16:00 – 16:45
Thursday: 15:15 - 16:00, 16:00 – 16:45
Friday: 15:15 - 16:00, 16:00 – 16:45

For more information:

Web: www.everyoneactive.com/centre/lutterworth-sports-centre

Telephone: [01455 200800](tel:01455200800)

