



CHARTHAM PARK

NOVEMBER 2019 - JANUARY 2020

#FIT will provide effective, fun and safe workouts that are results-driven and instructor-led for 11-15 year olds.

#FIT 30 minute gym based sessions working within a small group.

#FIT will include the latest fitness trends & exercises

#FIT the cool way to train

#FIT fresh & exciting

Get ready to... Join the club #FIT

Coming soon...

#HIIT ~ #Abs

#Legs ~ #Strength

#Cardio

	ACTIVITY	TIME	AGE	COST
Monday	#Gym	16.30-17.30	11-15	FREE
Tuesday	#Gym	17.00-18.00	11-15	FREE
Wednesday	#Gym	16.30-17.30	11-15	FREE
Thursday	Junior & Teen Yoga	16.30-17.15	11-15	FREE
	#Gym	17.00-18.00	11-15	FREE
Friday	#Gym	16.30-17.30	11-15	FREE
Saturday	#Gym	11.30-12.30	11-15	FREE
	#Gym	16.00-17.00	11-15	FREE
Sunday	#Gym	11.30-12.30	11-15	FREE
	#Family Yoga	12.45-13.45	All	FREE
	#Gym	16.00-17.00	11-15	FREE

#Fit Classes

#Gym - A supervised session for kids who want to learn how to use the gym and have someone on hand who can give guidance and advice. They will have use of the cardiovascular equipment which will hopefully encourage them to keep on exercising. **#gym is available to members guests at a cost of £6.75.**

#Teen Group Cycle - A spin class for our teen members, join our instructor and let them help you build muscle.

#Family Yoga - A great way for family members to enjoy inclusive time together, whilst exploring and deepening their relationships with each other.

Chartham Park
Felcourt Road, Felcourt, East Grinstead RH19 2JT

Call 01342 870 340

www.charthampark.com

