



# FITX join the club

Class driven fitness sessions for 8-11 year olds

**FITX instructor-led**

**FITX makes fitness safe & fun**

**FITX drives movement for all**

**FITX a stepping stone for a healthier future**

## Get ready to... Join the club FITX

	ACTIVITY	TIME	AGE	COST
Monday	Junior Gymnastics	15.45-16.30	5-11	FREE Members £6.75 Guest Pass
Wednesday	Stage Stars	15.45-16.30	4-10	FREE Members £6.75 Guest Pass
Thursday	Junior & Teen Yoga	16.30-17.15	8-14	FREE Members £6.75 Guest Pass
Sunday	Family Yoga	11.30-12.30	All	FREE Members £6.75 Guest Pass

### Coming Soon...

- FITX circuits
  - FITX dance
  - FITX holistic
  - FITX HIIT
- and much more.

#### FITX Classes

**Junior Gymnastics** - Improves physical strength, flexibility, power, agility, balance & coordination.

**Junior Yoga** - Yoga is designed to promote good posture and balance of the body. It is a good way to relax, whether you are taking exams or want to improve your feeling of well-being.

**Stage Stars** - Use stories, adventures and music to explore your imagination. Improve confidence by learning the basic stage skills.

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



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