



WOODBURY PARK HOTEL & GOLF CLUB

MARCH - APRIL 2020

#FIT Join the Club

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

#FIT 60 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



Coming soon...

#HIIT ~ #Abs

#Yoga ~ #Legs

#Strength ~ #Cardio

Get ready to... Join the club #FIT

	ACTIVITY	TIME	AGE	COST
Monday	#Teen Gym	16.00-18.00	11-15	FREE
Tuesday	#Teen Gym	16.00-18.00	11-15	FREE
Wednesday	#Teen Gym	16.00-18.00	11-15	FREE
Thursday	#Teen Gym	16.00-18.00	11-15	FREE
Friday	#Teen Gym	16.00-18.00	11-15	FREE
Saturday	#Golf	09.00-10.00	11-15	£5
	#Teen Gym	10.00-11.00	11-15	FREE
	Family Splash	11.30-12.30	11-15	FREE
Sunday	#Teen Gym	16.00-18.00	11-15	FREE
	#Teen Gym	10.00-11.00	11-15	FREE
	Family Splash	11.30-12.30	11-15	FREE
	#Teen Gym	16.00-18.00	11-15	FREE

#Fit Classes

#Teen 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.

A full list of class descriptions can be found on www.woodburypark.co.uk

Woodbury Park Hotel & Golf Club
Woodbury Castle, Woodbury, Exeter EX5 1JJ
Call 01395 233 382
www.woodburypark.co.uk

