



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
Wednesday	Swim School	16.00-18.00	4 +	£6.25
	Tennis	17.00-18.00	8-14	FREE
Thursday	Swim School	16.00-18.00	4+	£6.25
	Zen Stretch	17.00-18.00	5-11	FREE
Friday	Street Dance	17.00-18.00	5-11	FREE
Saturday	Golf	09.00-10.00	5+	£5
	Super Sports	10.00-11.00	5-11	FREE
	Family Splash	11.30-12.30	All	FREE
Sunday	Super Sports	09.45-10.30	5-11	FREE
	Family Splash	11.30-12.30	All	FREE

FITX Classes

Swim School - Structured quality instruction following the ASA National Teaching Plan providing a safe and fun environment to learn to swim.

Tennis - Get outside and learn some new tennis skills, and play some fun tennis inspired games.

Zen Stretch - A class to learn new poses which will increase strength, flexibility and co-ordination.

Golf - Do you have a budding Rory McIlroy or Luke Donald at home? If so, Junior Golf Lessons are available with one of our PGA qualified Golf Professionals. Group tuition covering all aspects of the game.

Street Dance - A free-flowing improvised dance class that can include hip-hop and break-dancing to create a fun dance style more suited to the street.

Super Sports - A wide range of sports and sport themed games to widen their knowledge and develop a variety of new skills.



Coming Soon...

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

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