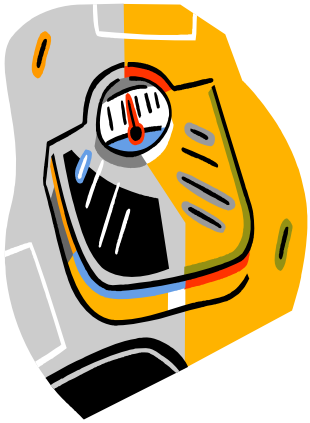
ASHTON ON MERSEY
HEALTH&FITNESS

TEEN GYM COURSE

RESERVE YOUR PLACE NOW



ARE YOU 12– 15?

DO YOU WANT TO TRAIN IN A GYM ENVIRONMENT?

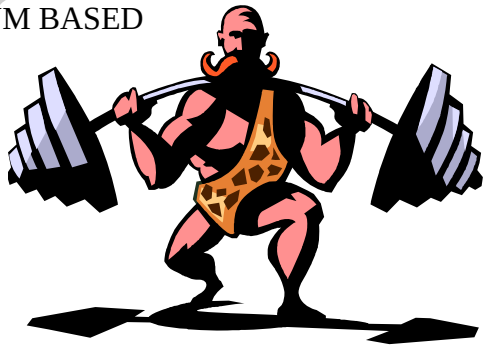
DO YOU WANT TO GET FIT AND SOCIALISE?

THEN JOIN THE TEAM AT THE HEALTH AND FITNESS CENTRE.

WHATS IT ALL ABOUT?

YOU WILL BE GUIDED THROUGH 10 INTENSIVE WEEKLY SESSIONS IN THE FITNESS SUITE.

EACH SESSION YOU WILL LEARN MANY ASPECTS OF GYM BASED TRAINING AND RECEIVE A CERTIFICATE AT THE END.



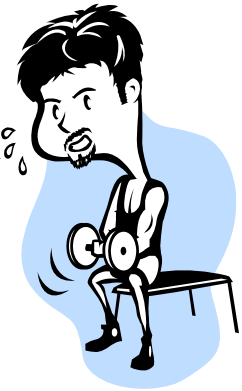
- ***ANATOMY& PHYSIOLOGICAL***
- ***UNDERSTANDING OF THE WELLNESS SYSTEM***
- ***DEVELOPING A PERSONAL FITNESS PROGRAM***
- ***FREE WEIGHT TRAINING***
- ***HEART RATE TRAINING***
- ***SPECIAL POPULATIONS***
- ***NUTRITION***

SO IT'S NOT JUST A WORKOUT IT'S AN EDUCATION.

IT JUST DOSN'T STOP THERE, AFTER FULL COMPLETION OF THE COURSE EACH TEEN CAN CARRY ON USING THE GYM UNTIL THEY ARE SIXTEEN.

£££££££££££££WHAT DOES IT COST? £££££££££££££

£35 Includes **wellness key & 2 x guest pass's for an adult**



HOW DO I JOIN?

EASY JUST RING OR POP INTO THE CENTRE AND PUT YOUR NAME AND NUMBER ON OUR WAITING LIST. YOU WILL BE CONTACTED BY PHONE BY THE CENTRE STAFF WITH AN ENROLMENT DATE.