

FAMILY FITNESS – SUMMER PROGRAMME

Let us keep you & the kids active this summer! With activities such as Circuit, Spin, Zumba & badminton for all the family, plus a programme specifically for kids so you can enjoy a class or gym session in peace, knowing that the kids are having fun and are in safe hands.

Gym sessions (school holidays & weekends):

- ▶ 9.00am – 6.00pm - Kids (8-16) can access the gym
- ▶ 6.00pm – 8.00pm - Family gym time (under 16s must be accompanied by an adult).



Gym sessions (term time):

- ▶ 3.00pm – 6.00pm - Kids (8-16) can access the gym
- ▶ 6.00pm – 8.00pm - Family gym time (under 16s must be accompanied by an adult).

Summer programme of classes / activities:

| DAY | TIME | ACTIVITY | FOR |
|------------------|---------|---|--------|
| MONDAY | 4.30pm | Youth Fit | Kids |
| | 4.00pm | Kids Dance (beginners)* | Kids |
| | 5.00pm | Kids Dance (advanced)* | Kids |
| | 6.00pm | Kids Dance Acro* | Kids |
| | 6.30pm | Family Climbing | Family |
| TUESDAY | 5.15pm | Family Badminton & Table Tennis | Family |
| WEDNESDAY | 8.00am | Family Badminton & Table Tennis | Family |
| | 4.30pm | Youth Fit | Kids |
| | 6.00pm | Family Zumba / Dance Fit | Family |
| | 6.30pm | Family Spin | Family |
| THURSDAY | 8.00am | Family Badminton & Table Tennis | Family |
| | 5.00pm | Youth TRX | Kids |
| | 6.15pm | Family Glow Sports | Family |
| FRIDAY | 6.45pm | Youth Club | Kids |
| SATURDAY | 9.00am | Junior Football | Kids |
| | 10.00am | Climbing (Little Rockers & Rock Starz)* | Kids |
| SUNDAY | 12.00pm | Boxercise for kids | Kids |

To find out more about our family fitness programme and gym membership, visit www.ymcatg.org.

*Please note that age restrictions may apply to certain activities. Please speak to a member of staff for further information.