



# THE TYTHERINGTON CLUB

## November 2018 - January 2019



THE  
TYTHERINGTON  
CLUB

### #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 30 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

Get ready to... **Join the club #FIT**

	ACTIVITY	TIME	AGE	COST
Monday	#Gym	16.00-18.00	11-15	FREE
	#Junior Bootcamp	16.30-17.15	11-15	FREE
Tuesday	#Gym	16.00-18.00	11-15	FREE
	Family Metafit	17.00-17.30	6+	FREE
Wednesday	#Gym	16.00-18.00	11-15	FREE
	Dodgeball	16.45-17.30	7+	FREE
Thursday	#Gym	16.00-18.00	11-15	FREE
Friday	Fencing*	16.00-17.00	7+	FREE
	#Gym	16.00-18.00	11-15	FREE
	#Junior Bootcamp	16.30-17.10	11-15	FREE
	Family Spin	17.15-17.45	8+	FREE
Saturday	Junior Pilates	10.30-11.15	8-15	FREE
	#Gym	12.00-17.00	11-15	FREE
	Family Metafit	12.30-13.00	6+	FREE
	Street Dance	13.45-14.30	6-15	FREE
Sunday	#Gym	12.00-17.00	11-15	FREE

### #Fit Classes

**#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.

**#Junior Bootcamp** - A high energy fun filled exercise class. This class strives to increase the overall health and fitness level of your child.

A full list of class descriptions can be found on [www.thetytheringtonclub.com](http://www.thetytheringtonclub.com)

\* All children must wear trousers and not shorts or skirts.