

club active

for 11 to 16 year olds

Newmarket Leisure Centre

join in



includes: spinning
circuit training
club active easy line
gym sessions
street dance
team challenges

anglia
community
leisure

Working in partnership with Forest Heath District Council

club active

for 11 to 16 year olds

the activities will include: spinning, circuit training, supervised gym sessions street dance & club active easy line sessions. activities will include:

- relay challenges
- circuits
- fitness tests
- team games, etc...



day	time	class	venue
monday	16.00 - 17.30	gym session	fitness studio
monday	16.00 - 16.45	club active easy line	studio 1
tuesday	16.00 - 16.45	spinning	studio 1
tuesday	17.00 - 18.00	dance mats	studio 2
wednesday	16.00 - 17.30	gym session	fitness studio
wednesday	16.00 - 17.00	street dance	studio 2
friday	16.30 - 17.15	spinning	studio 1
friday	16.00 - 17.30	gym session	fitness studio
saturday	10.30 - 12.30	gym session	fitness studio

Please note in accordance with FIA guidance Gym sessions are restricted to children over 13 years of age.

Details correct at time of going to press
anglia community leisure reserves the right to change the programme and content without notice.

find out more at
www.angcomleisure.com
 or just ask at reception

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