


 <b>POMPEY</b> <b>HEALTH &amp; FITNESS CLUB</b>		Monday	Tuesday	Wednesday	Sunday
<b>JUNIOR ACTIVITIES</b>		Dance Jam 4-4.45pm 5-11yrs	Box Fit Circuit 4-4.45pm 7-11 yrs		
				BoxFit 4-4.30pm 12-15 yrs	
					Teen Cra-i-ze 9.30-10am 12-15 yrs
		Teen Dance 5-5.45pm 11-15 yrs		Teen Conditioning 4.30-5pm 12-15yrs	Teen Core 10-10.15am 12-15 yrs

 Energy Studio

 Wellness Studio

 Gym Floor - Teens

# junior @ POMPEY

## ACTIVITIES



5-11yrs Swim School & Kids go Free £5 a class

12-15yrs classes are included in your kids go active membership

### Dance Jam - Teen Dance

Street dance to your favourite pop songs in this fun and energetic dance class!  
Available for age groups 5-11 & 11-15yrs

### Box Fit - Circuit

A high energy, non aggressive boxing based workout focusing on balance reflexes and building confidence in a circuit based class ! children aged 7-11 and Teens aged 12-15yrs

### Teen Conditioning

A class for 12-15yrs focusing on embracing core stability using body weight and light weights as a range or motion whilst enhancing overall fitness and strength

### Teen Cra-i-ze & Teen Core

This is our Sunday morning class for Teens based on our signature class Cra-i-ze A High intensity based circuit using the tower on gym floor.... Why not get your parents involved for a fun fitness challenge !!!

