



Youth Fitness Sessions

SHOBNALL LEISURE COMPLEX

WEDNESDAYS

5.00 - 6.00pm for Age 8-16 years

£3.75 session

8th January 2020 – 1st April 2020

The Youth fitness sessions emphasise the importance of a healthy lifestyle, good discipline, fair play and the fact that taking part and trying your hardest is enjoyable.

With its fun and relaxed environment, yet structured sessions, our Youth Fitness Activities for 8-16 year olds have been created to allow young people access to advice on fitness, enjoy exercise.

Get fit and feel great!

The sessions are run by our qualified and experienced Fitness Instructor.

SPORTS AND FITNESS FOR EVERYONE

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