

A close-up photograph of a hand with red nail polish gripping the handle of a yellow and black kettlebell. The kettlebell has the number '16' on it. The background is blurred, showing what appears to be a gym setting.

## YOUTH ATHLETE DEVELOPMENT

- ✓ Safe training techniques from experienced coaches
- ✓ Development of speed, power, strength and flexibility
- ✓ Bodyweight exercises and basic weight lifting skills
- ✓ Fun training in a positive, encouraging environment

Our coaches are passionate about developing active, healthy young individuals. Youth athlete development classes are aimed at those who want to learn safe techniques that are enjoyable yet challenging and builds solid foundations for long- term athletic development.

***AGE 12+ Tuesday & Friday @ 5pm (1 hour session)  
£4 per athlete***

## KIDS FITNESS

- ✓ Fun fitness classes
- ✓ Teach your kids good work ethic & discipline
- ✓ Learn new training skills
- ✓ Enhance physical development
- ✓ Improve cognitive skills
- ✓ Increase daily step count

Our kids fitness sessions are based on creating an enjoyable, safe training environment to give children a springboard for their early development in life.

***AGE 7 - 11 Monday & Wednesday @ 4:15pm (45 minute session)  
£4 per child (\*£1 per parent\*)***

**TO MAKE A BOOKING CALL OR TEXT 07972 440 849**

A photograph showing three people lying on their backs on a blue mat. They are performing a core exercise, possibly a plank or a similar variation, with their arms raised straight up. The person on the left is a man in a black t-shirt, the person in the middle is a woman in a blue top, and the person on the right is a child in a striped shirt. They are all looking upwards.

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