

TEEN HOLIDAY FITNESS PROGRAMME

Who Is It for:

- Boys and Girls aged 13-16yrs.
- All fitness levels catered for. Focus on technique and form rather than output and competition. Exercises are timed so if child 'A' 10 press ups in the 20 second timing for example while child 'B' only manages to complete 5 press ups no one will notice.
- The pace and intensity of the session is varied. There are frequent water breaks and time to recover between exercises.
- Feel free to [get in touch](#) and/or to arrange a visit to meet me and see the facilities before you commit.

The 90min Group Training Involves a Combination of:

- Agility & fitness circuits using battle ropes, ladders, boxing (on pads).
- Strength & conditioning using body weight and appropriate free weights and gym equipment.
- Spinning/Indoor Cycling
- Short running intervals.
- Flexibility, mobility and stretching.
- Informal conversations, myth busting and comments on exercise for health & fitness and what constitutes a healthy body shape and the varied ones that exist.

All sessions take place outdoors on our deck and indoors in our private, fully equipped gym.

How It Works:

- Each session is limited to a maximum of 8 participants and a minimum of 4.
- Each session is 90min long and runs on the dates specified on our [website](#) for that specific school holiday.
- 1 or more sessions can be purchased.
- Sessions purchased are valid for the period of the current dates listed and cannot be refunded or carried over.
- Parents/Guardians will be required to complete and sign a medical waiver on behalf of the child participating.

Cost:

Sessions can be bought [online](#) or paid for in person.

- Per 90min Group Training Session ...£22.50
- Block of 5 x 90min Group Training Sessions...£100 – saving of £12.50

