



Starting  
**Sunday**  
1<sup>st</sup> October

**Workout at  
the same time  
as your kids!**



**STRONG**  
BY ZUMBA™

**+ Teen Gym**

Now you can attend a fitness class whilst your kids attend our supervised Teen Gym sessions. From the **1st October** we are changing the time of our **Strong by Zumba** class to tie in with our weekly **Teen Gym sessions**.

Reach your fitness goals faster in the Fitness Studio safe in the knowledge your kids are making full use of the equipment located in our Gym whilst being supported by members of our BodyZone staff.

**Starting on Sunday 1<sup>st</sup> October**

**Time:** 4-5pm

**Location:** Teen Gym - Gym | Strong by Zumba - Fitness Studio

To BOOK call  
**747200**

