



JUNIOR FITNESS SQUAD

Motivating Children,
Maintaining Health

FREE Taster session for children aged 6-11
@Nicholas Chamberlaine sports centre
Every Monday

Class 1 - ages 6-8, 4.30pm to 5.30pm

Class 2- ages 9-11, 5.30pm to 6.30pm

Contact Chris on 07494862824 or email
Chris@JuniorFitnessSquad.co.uk



Junior fitness squad

www.juniorfitnesssquad.co.uk

