

THAMESMEADPLUS

DAY	TIME	CLUB	PER SESSION
MON	2.45-3.45PM	FITNESS GYM	£4
THUR	2.45-3.45PM	FITNESS GYM	£4

FITNESS GYM

An introduction into the fitness gym and how to use the equipment. There will be a fitness instructor on site to supervise and give advice on how to train effectively and improve your athletic abilities for all sports. Suitable for all abilities.

FRESH SPORTS CENTRE @ THAMESMEAD SCHOOL

e: sportscentre@trainfresh.com www.trainfresh.com
for more information call: **01932 253400**