

www.healthybalancedgeneration.co.uk

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Healthy Boys & Girls

February Half Term - 13th Feb - 17th Feb 2012

Healthy Balanced Generation - Ifield

Mon 13 th Feb	14:30 - 15:30	Generation Training - Fitness Suite Session	Ages: 14 - 16	F/M - FREE N/M - £2.50
Tues 14 th Feb	10:00 - 11:00	Top Geer Fitness Karate & Kick Boxing - Fun & energetic, there is no sparring or fighting but the opportunity to learn martial art techniques, work on self defence increase fitness and confidence.	Ages: 4 - 8	F/M - £3.00 N/M - £4.00
Tues 14 th Feb	14:30 - 15:30	Generation Training - Fitness Suite Session	Ages: 14 - 16	F/M - FREE N/M - £2.50
Wed 15 th Feb	14:30 - 15:30	Generation Training - Fitness Suite Session	Ages: 14 - 16	F/M - FREE N/M - £2.50
Wed 15 th Feb	16:00 - 16:30	Kids Blitz - A fun circuits class tailored for young adults, working the whole body helping to improve strength, endurance & muscle tone	Ages : 12 - 16	F/M - FREE N/M - £3.00
Thurs 16 th Feb	14:30 - 15:30	Generation Training - Fitness Suite Session	Ages: 14 - 16	F/M - FREE N/M - £2.50
Fri 17 th Feb	14:30 - 15:30	Generation Training - Fitness Suite Session	Ages: 14 - 16	F/M - FREE N/M - £2.50

To book please contact the Healthy Balanced Generation reception on 01293 543 083

Healthy Balanced Generation Fitness Centre

Ifield Community College, Crawley Avenue, Ifield, Crawley, W. Sussex RH11 0DB