

www.healthybalancedgeneration.co.uk
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Healthy Boys & Girls

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

Healthy Balanced Generation - Maidenbower

Mon 13 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
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	14:30 - 15:30	Generation Training - Fitness Suite Session	Ages: 14 - 16	F/M - FREE N/M - £2.50
Wed 15 th Feb	09:30 - 12:00	Tennis - Mini Tennis concentrating on movement coordination, ball skills, racket control & above all we have lots fun	Ages: 4 - 6	Application forms in reception
Wed 15 th Feb	11:45 - 12:15	Junior Spin - A fun group cycle class	Ages: 14 - 16	F/M - FREE N/M - £3.00
Wed 15 th Feb	14:00 - 16:30	Tennis - Mini Tennis we use lower bouncing balls which help develop good basic technique and rally skills, lots of fun and games	Ages: 7 - 9	Application forms in reception
Wed 15 th Feb	14:30 - 15:30	Generation Training - Fitness Suite Session	Ages: 14 - 16	F/M - FREE N/M - £2.50
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
Fri 17 th Feb	15:30 - 16:00	Junior Boxercise - A fun, lively and energetic session for children incorporating basic Boxercise principles in a safe and controlled environment. WARNING: Your child will sweat!	Ages: 12 - 16	F/M - FREE N/M - £3.00

To book please contact the Healthy Balanced Generation reception on 01293 844 968

Healthy Balanced Generation Fitness Centre

Oriel High School, Maidenbower Lane, Maidenbower, Crawley RH10 7XW