



Adult Gym Classes

Sessions in 2010 now on a Term booking system - places are limited!!

Why not come and have fun & learn new skills whilst improving your fitness, flexibility and strength?

- A 90 minutes session on Tuesday evenings from 8-9.30pm
- No Previous Gymnastics experience needed but a basic level of fitness would be advisable.
- Coached by Brendan Wilde who is qualified as a High Performance Coach
- Memberships & Fees:
£55.00 per 10 week term.
You must also become a member of British Gymnastics membership and insurance scheme at a cost of £20 per year.
- Membership and Sessions can be booked by telephoning the Club on 01392 250381.

