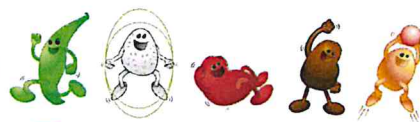


CRAZY FITNESS & FUN CIRCUITS CLUB



Full of beans

CHILDREN'S FITNESS & SPORTS COACHING

Avalon School
Wednesdays, 17th Jan — 14th March
3.45 — 4.30



This Club is open to children in years 3, 4, 5 & 6

Children will be trying out new exercises, fun activities, obstacle courses and circuits using lots of different equipment - an all round challenge whilst allowing children to work at their own pace. Energizing music will motivate the children to push themselves while we ensure we incorporate a lot of variety.

- * Obstacle Courses
- * Cardio/Fitness
- * Fun Partner activities
- * Variety & Age Appropriate
- * Circuit Stations
- * Body weight exercises

If you would like your child to participate, we have a NEW electronic booking system !

Please head to www.fullofbeansfitness.co.uk & click the **REGISTER** button, top right hand side and look for your school.

This takes you to a secure site where your booking details can be entered and your payment taken.

If you have any questions at all, Please don't hesitate to contact Nicky on the number or email address below



£34
8 weeks