



THE JUNCTION

PART OF YMCA BOURNEMOUTH

NEW FITNESS EXPERIENCE DAY

THURSDAY 20 FEBRUARY 2020

For All
11-15 Year Olds

“A socially benefitting and educational programme of affordable fitness/health activity ensuring that YMCA’s commitment to quality delivery for all ages is fully accessible to ALL ...”

Fitness Schedule

Introduction to New Training Techniques >>

Learn and practice new ways of training with our expert fitness coaches.

Boxing Circuits Class >>

A fun class to improve your fitness, strength and co-ordination in just 45 unique minutes

Introduction to Healthy Nutrition >>

An open workshop which aims to identify every healthy food group and the correct eating choices.

Circuit Programme Design >>

Plan, do, review! A chance to prepare your own circuit training routine for the whole group to take part in.

Circuit Training Class >>

Participate and even help deliver your own circuits class under the watchful eye of our leading fitness trainers.

Stretching Workshop >>

Actively practice some new ways to improve your full body flexibility and performance going forward.

6 Pack AB Training >>

A great to build a strong core and achieve a beach ready 6 pack!

FEES >>

Bronze/Junior Gold Members	£18.00
Non-Members	£20.00

TIMES >>

Registration	8.30am - 9.00am
Collection	5.00pm

Includes Buffet Lunch ...



The Junction Sports & Leisure Centre

Station Approach | Broadstone | BH18 8AX | Telephone: 01202 777766

YMCA
BOURNEMOUTH
Bournemouth/Pool/Christchurch