

GYM AGE POLICY

12 YEARS + Needs to be accompanied by an adult	14 YEARS +	16 YEARS +
Cardio Room**	Cardio Room (If accompanied by an adult)	Cardio Room
Rhythm Fit	Rhythm Fit	Rhythm Fit
Body Balance	Body Balance	Body Balance
Yoga	Yoga	Yoga
Pilates	Pilates	Pilates
Brazilian Social Dance	Brazilian Social Dance	Brazilian Social Dance
	Body Combat	Body Combat
	Power Hour	Power Hour
	Body Step	Body Step
	Body Attack	Body Attack
	Tai Chi	Tai Chi
	Fitball	Fitball
	TRX	TRX
	Metafit/MetaPWR	Metafit/MetaPWR
	Circuits	Circuits
	Spin*	Spin*
	Aqua	Aqua
	OGT	OGT
		Pump
		Boxing
		FX

* Participants must be tall enough to be able to maintain correct cycling posture. Check with gym floor staff before attending class.

** Children should complete a fitness assessment booking with gym staff to ensure they know how to use cardio equipment correctly.