



**FARMOR'S**  
SPORT & FITNESS

# TEENage GYM

For 14 - 15 years  
Tuesday 3.45pm - 4.45pm  
Friday 3.15pm - 4.15pm

Have a supervised workout using cardiovascular equipment - rowers, treadmills, bikes & crosstrainers. Also improve your strength using body resistance, fitballs & abdominal exercises.

Contact 01285 713786 for more details. Limited spaces available.

A health questionnaire must be completed before participating.



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