



**FARMOR'S**  
SPORT & FITNESS

# TEENage GYM

For 14-15 year olds

Tuesdays and Thursdays

3:45pm to 4:45pm

A supervised workout  
using cardiovascular equipment;  
rowers, treadmills, bikes and cross-trainers.  
Improve your strength using body resistance,  
fitball and abdominal exercises.



Call in or phone 01285 713786 for more details.

Limited spaces available. A Health questionnaire must be completed before participating.



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