



For Teens
14-16
years

fitcrew

Sportivate

8 Week Taster
Activity Programme

BE
YOUR-
SELF

Robin Park Sports Centre

Mondays 4pm - 5pm

16th January	Gym Induction & workout	Profiles Gym
23rd January	Body Combat ♡♡	Multi Purpose Hall
30th January	Strength Circuit ♡♡	Multi Purpose Hall
6th February	Fab Abs ♡♡	Multi Purpose Hall
13th February	Thump ♡♡	Multi Purpose Hall
20th February	Zumba ♡♡	Multi Purpose Hall
27th February	Fitness Yoga ♡♡	Multi Purpose Hall
5th March	Cardio Circuit ♡♡	Multi Purpose Hall

Leigh Indoor Sports Centre

Wednesdays 4pm - 5pm

18th January	Gym Induction & Workout	Profiles Gym
25th January	Fitness Circuit ♡♡	Studio
1st February	Body Combat ♡♡	Studio
8th February	Pilates ♡♡	Studio
15th February	Thump ♡♡	Studio
22nd February	Cardio Circuit ♡♡	Studio
29th February	Fab Abs ♡♡	Studio
7th March	Zumba ♡♡	Studio

Wigan Life Centre

Thursdays 4pm - 5pm

19th January	Gym Induction & Workout	Profiles Gym
26th January	Zumba ♡♡	Studio
2nd February	Thump ♡♡	Studio
9th February	Fab Abs ♡♡	Studio
16th February	Bootcamp Circuit ♡♡	Studio
23rd February	Indoor Cycle ♡♡	Studio
1st March	Body Combat ♡♡	Studio
8th March	Body Pump ♡♡	Studio

COMPLEXITY & INTENSITY DESCRIPTION

♡♡ A class offering moderate levels of complexity and intensity to challenge the mind as well as the body. A class aimed at an intermediate level.

Teen Gym - **£3.20** or included in Fit Crew Membership

WLCT Leisure Centre	Mon - Fri	Sat/Sun	Evening Family Sessions
			8.00pm-Close
Ashton Leisure Centre	3.30pm - 5.30pm	1.00pm - 2.00pm	Mon-Fri
Hindley Sports Centre	3.30pm - 6.00pm	1.00pm - 3pm	Tuesday
Howe Bridge Sports Centre	3.30pm - 5.30pm	1.00pm - 4.30pm	Friday
Leigh Indoor Sports Centre	3.30pm - 5.30pm	1.00pm - 4.30pm	Wednesday
Robin Park Sports Centre	3.30pm - 5.30pm	1.00pm - 4.30pm	Thursday
Wigan Life Centre	3.30pm - 5.30pm	1.00pm - 4.30pm	Thursday