



FAMILY FITNESS

Use of cardiovascular machines - running, cycling, rowing and cross training

Use of resistance weights

Born to Move classes (2:30-3:30pm)

Adult supervision required at all times (1 adult to 2 children)

*Gym sessions at 1-2, 2-3, 3-4, 4-5pm
Multiple sessions can be booked*

Keep your family moving!

Sessions are aimed at families with children aged 11-14 years and take place every Saturday. All sessions and classes must be pre-booked at reception. The sessions are free to 365 members or £4 each. Inductions are required before using the gym equipment.

For more information call
01246 242 365



High Street, Clowne S43 4JY
www.goactive.org.uk



We Speak Your Language

Polish

Mówimy Twoim językiem

Slovak

Rozprávame Vaším jazykom

Chinese

我们会说你的语言

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another format please call us on*

01246 242424