



Kids and family fitness classes



813 fitness holiday club A holiday club for fitness fanatics

Thursday 25 July* and Tuesday 6 August
Boys and girls aged 8-13 Years.
12.45-4.00pm

£8.00 or 813 member/Access card £4.90

Activities may include Altitude, trampolining, the gym, rackets, fitness games, athletics and much more!
(*Altitude only on date specified).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
813 Club 9.00-9.45am Gym Team Gym	813 Club 4.30-5.15pm Gym Team Gym	813 Club 9.00-9.45am Gym Team Gym	813 Club 4.30-5.15pm Gym Team Gym	813 Club 9.00-9.45am Gym Team Gym	813 Club 9.00-9.45am Gym Team Gym	813 Club 9.00-9.45am Gym Team Gym
		Family Yoga 9.35-10.20am Michelle Studio 4	*** Not on Sat 24 August (Bank Holiday)		Family Circuits*** 10.30-11.15am Hannah Studio 3	Gym Open Session for Adults & Kids aged 8-13 10.00 & 11.00am Gym Team Gym

Prices	Member	Non-Member
527 Classes	FREE	£3.95
527/813 Tramp for fun	FREE	£5.70
813 Club and classes	FREE	£3.95
Family classes	FREE	£3.30
Open gym sessions	FREE	Usual gym prices apply

Summer 813 Tramp Club/ 527 Tramp for fun*

This is a fun bounce session where you can try out some basic trampolining skills

Thursday 25 July, 8 August 12.10-12.55pm

Tuesday 13 and 20 August 12.10-12.55pm

*Parents of 5-7 year olds must stay in the session and spot.
Children 8-13 years old will spot each other.*

Members FREE Non-members £5.70



813 also available at Pelhams, Sir David English, Corfe Mullen & Stokewood

Pelhams

813 Club Monday, Tuesday & Friday 4.15-5.00pm

Gym open session for adults & kids 8-13
Saturday & Sunday 2.00-4.00pm

Family Circuits Sunday 9.30-10.15am

Sir David English

813 Club Cardio fit Mon, Tues, Thurs & Fri
4.00-4.45pm

Gym open session for adults & kids 8-13
Saturday & Sunday 11am-12pm & 12-1pm

Corfe Mullen

813 Club Friday 4.15-5.00pm

Gym open session for adults & kids 8-13
Saturday & Sunday 11.30am & 12.30pm

Stokewood

813 Club Sunday 10.00-10.45am

Gym open session for adults & kids 8-13
Saturday & Sunday 1.00pm & 2.00pm

Places are limited on some activities, so advanced booking recommended.