



Teen Fitness

Within the Core Fitness Suite

Friday 1400 - 1600

Saturday 1400 - 1600

Sunday 1400 - 1600

Cost £3.00 per session

A one hour supervised fitness session for children aged 12 - 16 years of age which caters for all levels of fitness. If you want to tone those muscles or improve your cardiovascular fitness these are the classes for you.

Please contact the Cash Desk for more information on 0131 621 8303