

# Teen-Fitness Information



## Teen-Fit Sessions

These sessions are specifically designed for 12 - 15 year olds and are fully supervised by our gym team ensuring they are training safely throughout. Spaces are limited so pre-booking is advised.

A Full Teen Fit Induction is required before using the facilities, where we will show users how to use each piece of equipment. [Timetable available on following page.](#)

## Train Together

Now 12 - 15 year olds are also able to train in the gyms at Corby Pool and Lodge Park Sports Centre with their parents or guardians at any time of day. As these sessions are not supervised by our gym team, the responsibility lies with the adult member to ensure the child they are responsible for is acting appropriately.

## Group Exercise Classes

Children aged 14+ can attend most of our group exercise classes with a parent / guardian. Classes **included** are:

### Cardio

- Studio Cycle
- Body Combat
- LBT
- Body Blast
- Triple Decker
- Boxing for Fitness
- Aqua Classes
- Ab Attack

### Mind and Body

- Body Balance
- Pilates
- Yoga

### Dance

- Body Jam
- Zumba
- Family Jam
- Born To Move

## Terms and Conditions

- A Full Teen Fit Induction is required before using the gym facilities at Corby Pool or Lodge Park Sports Centre, including those that wish to attend the 'Train Together' sessions.
- Parental signed consent required prior to starting.
- 'Teen-Fit' and 'Train Together' includes use of all cardio, resistance and cable machines.
- Use of the free weights area is strictly forbidden.
- Sessions are **FREE** to those on the Junior Leisure Club.
- Booking in advance is recommended for Teen-Fit Sessions.
- Members bringing children to the 'Train Together' sessions must be at least 18 years of age to supervise them and are responsible for them at all times.
- Group Exercise classes not listed to the left, are not available due to health and safety reasons.

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## Teen-Fit Timetable

Day	Corby East Midlands International Pool	Lodge Park Sports Centre
Monday	4:15pm – 5:15pm 5:15pm – 6:15pm <i>1:00pm – 2:00pm (School Holiday Time Only)</i>	5:00pm – 6:00pm 7:30pm – 8:30pm
Tuesday	4:15pm – 5:15pm 5:15pm – 6:15pm <i>10:30am – 11:30am (School Holiday Time Only)</i>	No Session
Wednesday	4:15pm – 5:15pm 5:15pm – 6:15pm	5:00pm – 6:00pm <i>1:00pm – 2:00pm (School Holiday Time Only)</i>
Thursday	4:15pm – 5:15pm 6:30pm – 7:30pm <i>11:00am – 12:00pm (School Holiday Time Only)</i>	5:00pm – 6:00pm 7:30pm – 8:30pm
Friday	4:15pm – 5:15pm <i>11:00am – 12:00pm (School Holiday Time Only)</i>	5:00pm – 6:00pm 6:00pm – 7:00pm
Saturday	10:30am – 11:30am 3:00pm – 4:00pm	1:00pm – 2:00pm
Sunday	10:30am – 11:30am 3:00pm – 4:00pm	1:00pm – 2:00pm

## What happens when you turn 16?

At 16 you are no longer able to attend the Teen Fit Sessions, but you can join on our Student Membership or become a pay as you go member. Our Student Membership is a no contract Direct Debit.

You will also just need to complete a Fast Track Induction / Full Induction to ensure that your medical information is up to date and that you are comfortable with the free weights too.