

JUNIOR WORKOUT

For children aged
8 – 15 years

Timetable

Arena Leisure Centre
Grand Avenue (Just off the A30)
Camberley, GU15 3QH
01276 417111
arenaleisurecentre.co.uk
enquiries@arenaleisurecentre.co.uk

DC LEISURE
Fitness Industry Association
Operator of the Year 2008/9

Arena
Surrey Health & Leisure Centre



Managed by DC Leisure on behalf of Surrey Heath Borough Council

Junior Workout Class Programme

The junior programme provides classes to suit all abilities.

Classes are free to junior members and start from £3.50 to non-members. You can book and pay for a space up to two weeks in advance by telephoning reception on 01276 417111.

Class Information

NEW Junior Zumba

8 – 11yrs £3.50

The crazy-cool dance-fitness workout for juniors, set to hip-hop, salsa and reggaeton.

Boot Camp

11-15yrs £3.50

A 6 week course with exercise in the outdoors.

Please ask at reception for details of the next course.

Studio Cycling

11-15yrs £3.50

An energetic instructor lead indoor cycling class suitable for all abilities.

Please note that you must have size 4+ feet to be able to pedal.

Supervised Gym Sessions

11-15yrs £3.50

An instructor will be available with information and advice to help you achieve your fitness goals.

Circuits

11-15yrs £3.50

A gym based circuit's session with an instructor.

Group Gym Induction

11-15yrs £5.00

A group induction into the gym with a fitness instructor.

Limited spaces available so please book.

Teen Gym

11-15yrs £3.50

You can access the gym during the following

times;

January to March

Weekdays 3.30pm – 5.00pm

Weekends 10.00am – 5.00pm

April to December

Weekdays 3.30pm – 7.00pm

Weekends 10.00am – 5.00pm

School Holiday Times

Monday - Sunday 10.00am – 5.00pm

*We reserve the right to cancel or alter a class without prior notice. No refunds or transfers are available on bookings. Please ensure you have water and a towel.



| TIME | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--------|--------------------------|---------------------------------------|----------|---------------------------------------|-------------------|---------------------------------|
| 11.00am | | | | | | Circuits** (G) | Studio Cycling |
| 2.00pm | | | | | | | Group Gym Induction** (G) |
| 4.15pm | | Junior Zumba* (S1) | Supervised Gym Session** (G) | | Supervised Gym Session** (G) | | |
| 5.00pm | | Boot Camp* (R) | | | | | |

*45 minute class

** 1 hours class

Key

S1 Studio 1

S2 Studio 2

R Please check in at reception

G Gym

MH Main Hall



Junior Members

At the Arena Leisure Centre we offer junior membership packages so you can enjoy all of the following benefits;

- Unlimited swimming during public times
- One-to-one gym induction
- Unlimited Teen Gym
- Unlimited Junior Classes
- Roller-Skating Saturdays*

For further information or to find out how to become a member, please telephone **01276 417111** or email enquiries@arenaleisurecentre.co.uk

*Excludes coaching session

STOMP

Disco parties for 11 – 15 years

Looking for a venue for your next celebration in a safe and secure environment?

Then look no further than the Arena Leisure Centre!

Ideal for:

- Birthday party
- End of term party
- School leavers party

Includes exclusive party venue and disco*

2 Hours £170

3 Hours £230

Party buffet also available to suit your requirements.

For further information please telephone **01276 417111**

Or email enquiries@arenaleisurecentre.co.uk

*£50 refundable damage deposit required