

# TEEN GYM

## For 11 – 15 year olds

Our teen fitness sessions for 11 – 15 year olds provide an introduction to fitness in a safe and supervised environment.

All users must first have an induction to learn how to use the equipment safely. Parental/ Guardian consent is required.

### Session Times

Tuesdays	3.30pm – 4.30pm 4.30pm – 5.30pm
Wednesdays	3.30pm – 4.30pm 4.30pm – 5.30pm
Thursdays	3.30pm – 4.30pm 4.30pm – 5.30pm
Sunday	2.00pm – 3.00pm 3.00pm – 4.00pm

To book your  
first session  
call 01403  
787500

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

 **billingshurst  
leisure centre**



**Horsham  
District  
Council**

DC Leisure Management Ltd working in partnership with Horsham District Council.