



## Aged between 10 and 15?

Want to get some exercise  
in a different way?  
*Then this could be for you!*

We are running gym sessions for young people aged 10-15  
at the Reflexions Gym at Abbey Pool.

Sessions are supervised by qualified instructors and include the use of  
cardiovascular equipment.

When:	Time:	Instructor:
Monday	4.15-5.15pm	Stacey
Wednesdays	4.15-5.15pm	Leigh
Friday	4.15-5.15pm	Stacey
Saturday	10-11am AND 11-12pm	Leigh

**Where:** Reflexions Gym @ Abbey Pool, Whitehill Road, Cambridge

### *Booking info:*

The first session you attend is free of charge, and needs to be  
booked in advance. You will then need to join the gym and pay each  
time you come to a session. The instructor will advise you if you need  
to book future sessions.

**Cost:** £5 membership fee (one off induction fee)  
Full price (i.e no "Card"): £1.50 per session  
"THE" Card B: £1.25 per session  
"THE" Card A: £1.00 per session

### *Kit:*

You'll need to bring sports kit suitable for use in the gym e.g.  
shorts/tracksuit bottoms/leggings, t shirt and training shoes.

To find out more please contact Liz Ellerington or Anna Mackie from the  
Sports Development Service on 01223 415151.

To book gym sessions, contact the Reception at Abbey Pool on 01223  
213352.

For more information on "THE" card - a residents card offering  
discounts on a range of services, contact Jane Saunders at Cambridge  
Parkside Pools on 01223 446121

