



West Mainland Leisure Centre

JUNIOR WEIGHT TRAINING

For 13-15 year olds who have completed their gym induction.

Develop your Form as well as different training techniques over this 6 week block. This class is great if you have recently passed your junior Gym or would like to learn how to train to build muscle.

MONDAYS
15:45 - 16:30
6 Week Block
£29.10

MORE4life
Shetland more active, more often

