

TEEN CLASS TIMETABLE

| MONDAY | | | Cost |
|------------------------------|-------|-------|-------|
| Teen Gym (15 year olds only) | 15.30 | 16.30 | £3.50 |
| Teen Spin (academy age) | 16:30 | 17:15 | £3.75 |

| TUESDAY | | | Cost |
|------------------------------|-------|-------|---------------|
| Teen Gym (15 year olds only) | 15.30 | 16.30 | £3.50 |
| Junior Running Club | 16:00 | 16:45 | Block Booking |
| Badminton Beginners | 17:00 | 18:00 | Block Booking |
| Badminton Advanced | 18:00 | 19:00 | Block Booking |

| WEDNESDAY | | | Cost |
|-------------------------------|-------|-------|---------------|
| Teen Gym (15 year olds only)* | 16:30 | 17:30 | £3.50 |
| Junior Running Club | 16:45 | 17:30 | Block Booking |

| THURSDAY | | | Cost |
|------------------------------|-------|-------|-------|
| Teen Gym (15 year olds only) | 16:30 | 17:30 | £3.50 |

| FRIDAY | | | Cost |
|------------------------------|-------|-------|-------|
| Teen Gym (15 year olds only) | 15:30 | 16:30 | £3.50 |

| Saturday | | | Cost |
|------------------------------|-------|-------|-------|
| Teen Gym (15 year olds only) | 14:00 | 15:00 | £3.50 |

| SUNDAY | | | Cost |
|---------------------|-------|-------|---------------|
| Judo Beginners | 17:15 | 18:15 | Block Booking |
| Judo Intermediate | 18:15 | 19:30 | Block Booking |
| Judo Adult/Advanced | 19:30 | 20:45 | £5.50 |

Teen Membership

We are delighted to now offer a TEEN membership at **£20.00 a month**. This membership is strictly for 15 year olds and will entitle you to entry into all classes in **BLACK** on the Teen Timetable along with any gym entries accompanied by a responsible adult.

Teen Classes

Teen Spinning is open to all academy age teens. Class bookings are taken up to 6 days in advance, booking is advised. The following classes are also covered by the Teen Membership: Body Balance, Body Conditioning, Body Vive, Boxercise HIIT, Circuits & Abs, CX Worx, HIIT, Metafit, Pilates, Spinning, Tabata and TRX. See our wellness timetable for class time and days.

Teen Gym Sessions

All must attend the Wednesday session twice before attending any others.

All sessions can be booked 6 days in advance at our reception, by following the book online tab or calling 01467 626141 option 0. Booking in advance is advised to guarantee a space.

All sessions are non-refundable. Please remember to take proof of age (Young Scot card or passport) on your first visit. No proof of age no entry.

These sessions are strictly for Teens of 15 years and older. Teens of 15 and older can attend our gym with a responsible adult outside of these session times for £3.50 and can attend unaccompanied at the age of 16 under a concession membership (if still in education).

Garioch Sports Gym Etiquette

- Bibs will be provided for supervision purposes and must be worn at all times
- Swipe cards will be provided to all for gaining access to the facility
- Only water/sports drinks are to be consumed in the gym
- Please wipe down all machines after use and return any equipment to the appropriate area
- Please wear appropriate clothing for working out in the gym
- No unauthorised photography/filming in the gym area
- Any attendees caught abusing or misusing the facility will be asked to leave immediately