

Family Zone 7-14yrs



The family workout zone provides a great opportunity for both children aged 7-14 and their parents to workout together. Children must stay within in the designated family workout area, whilst parents can use any of the equipment within the lower gym.

Within the family zone there is a wide variety of equipment ranging from junior spin bikes, cross-trainers and rowers to enable children to develop their stamina (cardiovascular fitness). In addition, there is the fantastic resistance circuit to enable children to develop their strength and muscular endurance. The circuit uses hydraulics rather than traditional weight stacks therefore the workout is a lot easier on the joints.

Before using the family workout zone, it is compulsory for all children to have an induction.

A parent / guardian must attend this session.

Use of the different equipment within the family workout zone will be determined during the induction.

