

harlow
leisurezone

NRG Crew

Fitness Training for 11 - 13 year olds



Aged 11-13?

**Get fit
Have fun
Get social**

www.harlowleisurezone.co.uk

**Feel fitter
Feel confident
Be your best**



NRG Crew is a fitness training session specifically for young people aged 11 - 13. If you want to feel fitter and more confident, come and be part of the NRG Crew where our expert instructors will train and support you to use the high tech gym equipment at Leisurezone. All sessions are supervised by qualified instructors and includes the use of all cardiovascular and Easyline hydraulic resistance equipment which tones muscle without using weights. At Leisurezone we have the very latest in Technogym equipment, which means you can enjoy touchscreen technology and a more personalised fitness monitoring. You can connect your phone to the machines via Bluetooth whilst you train to keep you entertained during your workout.

You can compete against ghost riders and each other on our new X-Dream bikes and track your fitness progress on all our equipment and smart media. We'll show you working out can be fun!!

Workout Sessions

Weekdays

Mondays, Wednesdays and Fridays 16:00 - 17:00

Weekends

Saturdays 12:00 – 13:00 and 13:30 – 14:30

Sundays 14:00 – 15:00 and 15:30 – 16:30

School holidays Monday - Friday

One hour long sessions 09:00 - 12:00 and 13:00 - 15:00

You must be a member to use the gym at Leisurezone.

Cost: £4.30 per session

or £20.50 per month NRG Crew Membership

No contract! For as many sessions as you can handle!

New sessions have been added for 11 - 13 year olds to be accompanied by an adult. These sessions are

Off peak: Monday - Friday 06.00 - 16.30 & all weekend

Cost £4.30

Peak: Monday - Friday 16.30 - 22.00 Cost £6.10

New member Inductions

Saturdays 13:00 - 13:30

Sundays 15:00 - 15:30

School holidays Tues & Thurs 10:30 - 11:00

Once a participant becomes 14 years they will need an additional induction at the cost of £5.00

You must be at least a Bronze member to join the gym. This is charged at £6.10 per year

2018/2019

**Harlow Leisurezone, Second Avenue, Harlow, Essex, CM20 3DT
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