

Crown Spa

Youth Fitness....

SHOKK

HOLIDAY BOOT CAMPS

SCHOOL HOLIDAYS ONLY!!!

The latest thing to hit the Crown Spa Health Club.....
Youth Fitness!!

Let your kids have the workout of their lives while
you exercise, relax or indulge in a treatment.

Kombat, Xtreme & Circuits all rolled in to 2 hours of
extreme fun, includes martial art workouts, vew-do
skills, circuits, games & competitions.

Grab a timetable for more info....

Every...
Wednesday - 2.00-4.00
&
Saturday - 10.00-12.00
Exclusive Hotel Residents Offer
£2.00 Per Child
BOOK YOUR SPACE NOW!!!



Crown Spa
Health Club

Crown Spa Health Club
www.Crownspa.co.uk
Book Classes Now
Call 01723 357480

SHOKK