

# AREA 515 FITNESS - Youth Fitness for 5-15 Year Olds



Location

East of England, Essex

<https://www.freeadsz.co.uk/x-561356-z>

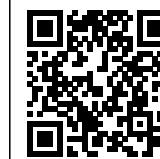

Exercise encourages new levels of concentration which have shown to help the children's education.

New Fitness Clubs starting January 7th 2018 - 3 age groups 5-8, 8-12 and 12-15.

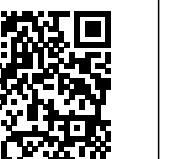
Youth Strength & Conditioning, Youth Speed & Agility, Movement Skills, Coordination, Physical Literacy, all provided through Fun and Game based activities.

CHECK OUT THE WEBSITE - [www.area515.co.uk](http://www.area515.co.uk)

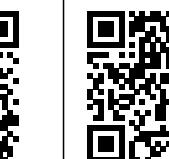
MOTIVATING KIDS TO BE



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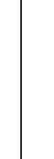
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