

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
 MOTIVATING KIDS TO BE



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