FEEL GOOD FITNESS KIDS

Feel Good Fitness Kids Club is BACK for a brand new term of fitness fun! Feel Good Fitness Kids is an after school club programme brought to you by Personal Trainer Lucy Curtis. Aimed at educating children on the positive impact of movement on mood and overall health, Lucy brings an dynamic and engaging fitness class designed especially for school-age children. The sessions emphasise the Feel Good factor of physical activity and why movement plays a key role in both our physical and mental wellbeing.

Providing education, motivation and inspiration!






Feel Good Fitness Kids is designed for all children to take part, no matter what their fitness level or interest in sport. It's about enjoying exercise for how it makes you feel and nothing else. It's about teaching children to appreciate their bodies and all the amazing things they can do. It's about including everyone, always feeling strong, capable and fostering a life long appreciation of physical activity....and of course having FUN!

Sessions include:

ENERGETIC AND ENGAGING BODY WEIGHT WORKOUTS
STRETCHING AND MOBILITY ROUTINES
MINDFULNESS AND RELAXATION TECHNIQUES
EDUCATION IN PROPER FORM AND TECHNIQUE IN COMPOUND LIFTS AND BODYWEIGHT EXERCISES
FEEL GOOD TUNES
BUCKETS OF FUN AND ENDORPHINS GALORE!

BENEFITS FOR YOUR CHILD:

Regular physical activity helps reduce symptoms of anxiety and depression in children.
Exercise releases endorphins which are natural mood boosters- literally making us feel good!
Physical activity is linked to better concentration and helps kids focus and succeed in their studies.
Group activities foster social interaction, helping children develop essential skills and make new friends.
Achieving fitness goals and mastering new skills builds children's confidence and self-esteem.

WHEN? Every Thursday 3.30-4.30pm

Investment: £10 per session
September to October Half Term: £70 (7 sessions)
or sign up for Full Winter Term Place : £130 (13 sessions)
Places are limited. To register please email:
feelgoodfitnesskids@outlook.com
First come first served basis.