

TONE ZONE

● ● ● WESTRIDGE

Westridge Centre
Brading Road
Ryde PO33 1QS
☎ 566243

JUNIOR GYM

For ten to 15 year olds
Every Monday,
Wednesday and Friday
From 3.45 to 4.30pm
£3 per session



Specially designed for ten to 15 year olds, Junior Gym aims to encourage general fitness and help with weight management, with a combination of cardiovascular and resistance exercises



Come and try it out

Why not take out a Junior One Card—from £15 a month

(direct debit).

Ask for more information