

WE'RE IN THE STRAIGHT AFTER SCHOOL



FitClub^{JNR} – membership designed just for 12 & 13 year olds

Enjoy gym workouts and fitness classes plus unlimited swimming and more at ALL of our venues.

Workout as often as you like for £15 a month
(£10 if you meet discount criteria - see inside for details).



NOW AVAILABLE AT ALL GLASGOW CLUB VENUES



Membership includes

- **Gym access any time** with someone aged 16 or over
- **Gym access on your own** at these times:
Monday – Wednesday 15:30 – 18:00
Thursday & Friday 15:30 – Closing
Saturday & Sunday All day
Plus additional sessions in school holidays
- **Unlimited swimming**
- **FitClub^{JNR} Gym Skills** sessions & Member Journey Appointments
- **FitClub^{JNR} Classes** (no adults allowed!)
- **Group fitness classes** (read on for details)
- **Disability sport sessions**

Membership is just £15 a month, £10 if you meet the criteria at myglasgow.club/ concession or if your parent or guardian has a FitClub membership. Your parent or guardian will need to come along with you to sign up.

Gym

A FitClub^{JNR} Member Journey Appointment

will be your first visit to the gym to help you get the most out of your workouts and get you on the road to safe, healthy training that'll have you feeling great! You can come along yourself, but it's a great idea to bring a parent or guardian with you who can see what you're learning and help you stay on track. Book in now to secure your space!

FitClub^{JNR} Gym Skills, led by our qualified fitness professionals, is a fun gym-based programme that'll introduce you to all kinds of different equipment and exercises in eight weekly sessions. It's the perfect next-step after a Personal Appointment to try new things and discover the kind of workout you'll enjoy enough to stick with it.





FitClubJNR Fitness Classes (no adults allowed!)

Coming to some venues soon, try FitClub^{JNR} Cycle an indoor cycling class specifically programmed for our junior members or FitClub^{JNR} FT Fit – a circuit based class based on functional moves, where you'll jump, lift, pull, push, bend and lunge your way to fitness!

Group Fitness Classes (on your own or even better with a friend or family member)

Book your space in a range of classes that'll keep you busy from the high energy of Body Attack and Combat to the fun and flava of Body Jam and Sh'bam! These include our brand new Family FT Fit classes where you can work out together with friends and family. (Excludes Body Pump, Grit, G-Cycle/RPM and regular FT Fit classes).

Swimming

Come and swim in any of our pools across the city as often as you like.

Disability Sport Sessions

Our enthusiastic and fully qualified coaches will ensure you have fun and an opportunity to try a range of activities and learn new skills like cycling, football and basketball. More info at myglasgow.club/disability.

To see what's on when and book your space, get the free **Glasgow Club app** or visit glasgowclub.org



	Gym Sessions	Personal Appointment	FitClub ^{JNR} GymSkills	FitClub ^{JNR} FT Fit	Family FT Fit	Swimming	Disability Sessions	Fitness Classes
Bellahouston	●	●	●	●		●		●
Castlemilk	●	●						●
Castlemilk Pool						●		●
Crownpoint	●	●						●
Donald Dewar	●	●					●	●
Drumchapel Pool						●		●
Drumoyne	●	●						●
Easterhouse	●	●						●
Easterhouse Pool						●		●
Emirates Arena	●	●	●	●				●
Gorbals	●	●	●	●	●	●		●
Haghill								●
Holyrood	●	●						●
John Paul	●	●						●
Kelvin Hall	●	●	●	●			●	●
Maryhill	●	●				●		●
Nethercraigs	●	●						●
North Woodside	●	●				●		●
Pollak	●	●				●		●
Milton	●	●						●
Palace of Art								●
Petershill								●
Scotstoun	●	●				●	●	●
Springburn	●	●				●		●
Tollcross	●	●				●		●
Whitehill	●	●				●		●
Yoker	●	●						●

Availability of activities is subject to change so download the free Glasgow Club app or check our website at glasgowclub.org to see what's coming up in the next 7 days and to book your space.